

# LIGHTEN UP BROOKLYN 2011



## BOROUGH PRESIDENT MARTY MARKOWITZ

### Ten ways to maintain or achieve a healthy weight

- 1. Set realistic goals.** Focus on losing a small amount of weight first.
- 2. Incorporate physical activity into your daily life.** Every bit of exercise counts! Take a walk on your lunch break, take the stairs instead of the elevator, get off the train or bus one stop earlier and walk, and go on a family walk or bike ride.
- 3. Incorporate weight training as part of your exercise routine.** The more muscle mass you have, the more calories you burn, even after you stop exercising.
- 4. Eat three small meals and two healthy snacks per day.** Start the day off with a healthy breakfast.
- 5. Plan ahead.** Brown bag a healthy lunch that includes fruits and vegetables.
- 6. Avoid fad diets.** Diets that allow only one food or cause quick weight loss usually don't work in the long run. Losing one or two pounds a week is healthier and you will be more likely to keep the weight off with a well balanced diet.
- 7. Drink 5-8 glasses of water each day.** If you don't drink enough water, you can feel sluggish and tired, which makes it harder to exercise and stick with healthy eating. Avoid sugar-laden drinks that pour on weight.
- 8. Get support.** Exercise with friends and/or family.
- 9. Weigh yourself once a week.** Don't let the numbers on the scale control your emotions each day.
- 10. Don't give up if you have a setback.** Keep at it!