

Approaches for healthier eating and increased physical activity

1. Get in step

- Begin with short walks and gradually increase your time or distance.
- Focus on your posture with your head lifted, tummy pulled in, and shoulders relaxed.
- Warm up at an easy pace for the first several minutes.
- Walk on sidewalks and wear light colored or reflective clothing.
- Stop walking and check with your health care professional if you experience pain when walking.

2. In proportion: Sizing up healthy eating

- Set aside small portions of snacks to eat when you have a craving.
- Use a portioned plate: 1/2 for vegetables or fruits, 1/4 for whole grains, and 1/4 for proteins.
- Think of reducing amounts, rather than cutting out your favorite foods.
- Establish regular meal times to avoid overeating later in the day.
- Pre-portion your servings to control the amount by placing a single serving in a container ahead of time rather than eating from the package.

3. Eating together with family and friends: Dining without counting calories

- Substitute healthy alternatives like foods that are steamed or baked instead of fried.
- Enlist family and friends to support you in making healthy choices.
- Share an entrée with a friend at a sit-down restaurant.
- Research the restaurant to give yourself the best options for ordering.
- Request your meal to be served without gravy, sauces, butter, or margarine.

4. On the go: Keeping healthy away from home

- Pack nonperishable, healthy snacks.
- Order water to drink with meals if you are dining out.
- Bring a meal from home to eat on the plane or in the car.
- Order smaller portions in restaurants.
- Find times and places to take walks like in the airport.

5. Smart shopping: Keeping your basket full and fresh

- Make a list based on meal plans.
- Shop after a meal.
- Buy fresh foods when possible.
- Read nutrition labels for portion size, calories per portion, and saturated fat.
- Find healthy replacements.