

Approaches for healthier eating and physical activities

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
- Stay safe: walk on sidewalks and well-lit areas
- 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 or through a hotel

5. Smart shopping: keeping your basket full and fresh

- Make a list based on meal plans
- Wait until after you have eaten to shop for food
- Buy fresh foods when possible
- Read nutrition labels for portion size, calories per portion, and saturated fat
- Find healthy replacements