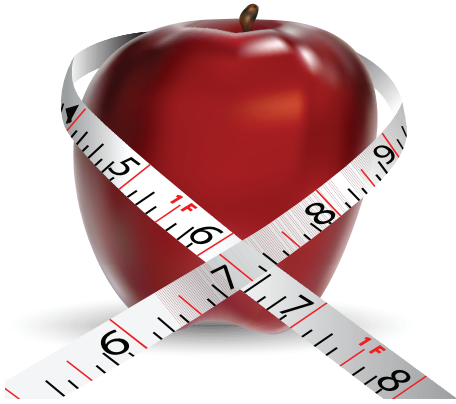


HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



BACK ON TRACK

If you find your weight loss stalled or a few pounds creeping back on, it is time to stop and evaluate your lifestyle habits. Bariatric surgery is a great tool that works well with lifestyle habits that support a healthy weight. Check your habits and get back on track to a healthy weight.

Examine your activity level. A consistent exercise program is necessary for most people to reach and maintain a healthy body weight. Exercise is a great place to start to improve your lifestyle habits. Not only does it increase your daily calorie usage, it also helps to decrease stress, improve mood and boost energy--all things that will help you to make healthier food choices. A great way to insure that you are getting enough exercise is to wear a pedometer, track your steps and be sure that you are getting at least 10,000 steps in DAILY.

Write it down. Use a food and activity log to get a better understanding of your eating and exercise habits. So many times we eat without thinking about what we are eating. We do not realize what we actually put into

our mouths. Writing it down takes it from the subconscious and brings it to your awareness. You may also plan to walk several times each week, but once you record it find that you actually walked one time.

Plan your meals. It is much easier to make healthful food choices ahead of time than in the spur of the moment. Eat six small meals that each include a source of protein.

Keep portions to $\frac{3}{4}$ cup of food at each meal.

- Use smaller plates, bowls and cups
- Measure foods.
- Dish up foods in the kitchen and don't keep food bowls at the table.
- Get a 'to go' container and put extra food in it as soon as the meal is served.
- Eat six times during the day to keep portions small.
- If you find that you are still hungry after eating $\frac{3}{4}$ cup of food, add fresh vegetables to your meal.

Eat your meals slowly, taking small bites and chewing foods completely.

Avoid foods and beverages with more than 2 grams of added sugar.

Limit foods with a high fat content.

Don't drink with meals.

Limit calories from 'sugar free' foods.

Beverages should be calorie free with the exception of up to 24 oz of low fat milk and 6 oz of 100% juice daily.

Get connected to others that are going through the same thing as you. Set healthy goals and keep each other accountable.

Find healthy ways to relax and get enough sleep each night.

The most successful men in the end are those whose success is the result of steady accretion. It is the man who carefully advances **step by step**, with his mind becoming wider and wider — and progressively better able to grasp any theme or situation — **persevering** in what he knows to be practical, and concentrating his thought upon it, who is bound to succeed in the greatest degree.

~Alexander Graham Bell~
