



Summertime

Welcome to summer, a great time to take your healthy new lifestyle to the next level and have the most fun doing it. Let's dive right in.

Increased Activity

The fact is, the more weight you lose, the less effort it takes to complete each movement. So, you need to move more to burn the same number of calories. A lot of this extra movement happens naturally, because activity becomes easier for most people as they lose weight.

You'll still need to help it along, however, especially as you reach the maintenance phase. And the long warm days of summer provide you with some really fun opportunities to do so. Consider activities that you may not have tried before—like canoeing, playing catch, swimming laps, or that line dancing class that you always thought looked so fun. You were right, by the way. It is fun. And, as a bonus, you can count the steps toward your walking program.

Speaking of which, summer and walking were made for each other. Working up to at least 10,000 steps a day is necessary for a healthy body and a healthy weight. Tracking the number of steps you take each day is a great way to measure your activity level and to make sure you are on goal. You'll be surprised how the steps add up all day long as you walk the dog, park at the end of the parking lot, take the stairs instead of the elevator, or get together with your friends for a walk through the neighborhood. And as we mentioned, activities like dancing and biking also count for steps.

And as you might guess, the rewards of increased activity go beyond weight loss: improved sleep, elevated mood, stress reduction, and mental clarity, just to name a few.

Healthful Food Choices

Summer can present some challenges to dietary discipline. So you'll need a game plan. As you head off to summer celebrations, continue your commitment to making healthful food choices. Keep your usual meal and snack schedule as much as possible. Have a snack prior to going to a picnic or party in case the mealtime is delayed. You should be able to find some healthful choices anywhere you go. Fresh fruits and vegetables are nature's health foods--full of vitamins, minerals, fiber and fluid. Take a sugar-free dessert to be enjoyed by all. Consider a bowl of fresh berries, or sugar-free cake with a dollop of sugar-free Cool Whip®. And don't forget the sugar-free dirt cup (see recipe section).

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Instead Of	Choose
barbecue ribs, fried chicken or fried fish	marinated chicken breast, grilled turkey burger, black bean burger, grilled salmon or tilapia
bratwurst or hot dog	turkey dog or fat free hot dog
potato salad, macaroni salad, pasta salad	vegetarian baked beans, baked potato, low sugar broccoli salad or fresh vegetables
cookies, cakes, and brownies	No-added-sugar dirt cake (see recipe section), no-added-sugar berry truffle, no-added-sugar ice cream topped with fresh berries
potato or tortilla chips	baked chips, pretzels or raw vegetables to dip
fat and sugar laden salads	grilled vegetables, fresh fruits and vegetables

A Season to Start Some Good New Habits.

There are so many ways that summer can help you set some new healthful habits in motion. It's a great time, for instance, to take a class or focus on a healthful habit you've wanted to incorporate into your lifestyle. Learn stress reduction and life-balancing techniques with a yoga or meditation class. Take advantage of these months when fruits and vegetables are at their tastiest, and make them an everyday part of your (and your family's) diet. Plan some evening activities that don't involve sitting or snacking. Remember, the 3 months of summer give you plenty of time to put good habits solidly in place for the three seasons that follow. And the cumulative impact of these habits can do wonders for your quality of life in the long run.

Have a great summer. You've earned it.

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