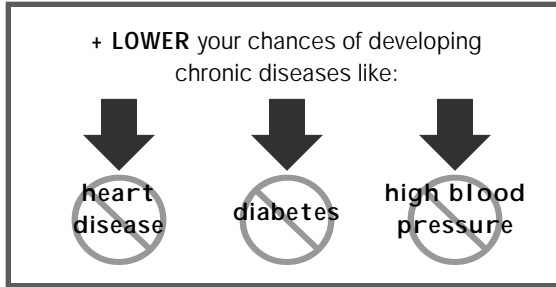


Healthy Weight and Lifestyle

Why is staying at a healthy weight good for you?

A healthy weight means that you feel healthy in your body and mind. You get it through **LIVING A HEALTHY LIFESTYLE, HAVING HEALTHY EATING HABITS** and **BEING PHYSICALLY ACTIVE.**



EAT!
AT LEAST **3** MEALS
PER DAY

Helps control snacking and overeating.



LISTEN.
YOUR BODY KNOWS.

Eat smaller portions and stop eating if you're full.

Empower *YOURSELF.*

Make the right choices to respect your body.



DRINK Water.

Instead of soda, juice, or sports drinks. Water has zero calories. Other drinks have 100-500 calories. They add up quickly!

STILL HUNGRY? Snack.

Have a glass of water, or snack on fruit, pretzels, or carrots instead of candy or junk food.

Healthy Lifestyle is...

Being active almost everyday to burn calories and get fit!

Playing sports, walking to school with friends, riding your bike, or taking a dance class.

Aiming to be physically active 60 minutes everyday.

REMEMBER:

The goal is to be more active, have fun, eat well and **feel good** about yourself.

Find support! Get friends or family to help. It's easier to make changes in the way you eat or exercise with a partner.

You are not on a diet! A "diet" usually means only a short term change and generally isn't something that is healthy. Limiting foods doesn't work and causes cravings, so maintain a healthy relationship with food and keep exercise habits as a regular part of your life.

Set realistic goals! Change can be hard – stay positive and congratulate yourself for your accomplishments!

