

# **NEWeighs Fact Sheet**

## **FOOD AND FITNESS PLAN**

### **Moderate food intake.**

Eat less, more often. Prevent hunger, don't tr“eat” it! Try to eat more hi fiber, low fat foods, earlier on in the day B4/5 P.M. (see lists). Moderate don't eliminate. Include favorite foods in your plan. Make small changes, slowly. Concentrate on what, when, and how fast you eat. Match your food intake to your energy level. Eat slowly in a relaxed way. Remember the 5 P's – proper planning prevents poor performance.

### **Emphasize exercise.**

Increase physical activity slowly. Develop an indoor and outdoor activity to increase variety and enjoyment. If you don't enjoy it, you probably won't exercise for long. If you want to maintain weight loss, you must include physical activity in your long-term plan. Begin by devoting 5 minutes at a time. Slowly work up to 20 minutes, every-other-day. Schedule time to exercise and plan an indoor and outdoor activity you like:

indoor:

outdoor:

### **Keep records.**

Keep records to measure and evaluate progress. When keeping food records, first portion out what you normally eat, and then measure it. The goal is to determine the number of “servings” you can eat per portion. Remember, portion control can help control proportions! Learn serving sizes. You can have your cake and eat it too (if you cut it small). Check pyramid guide. Avoid becoming a calorie or fat “accountant.” The goal is to learn serving size, not record keeping. Keep exercise records, too.

### **Follow-up and follow-thru.**

How and when are you going to measure progress? Who can help? Who will hinder?

### **Bottom Line: Design a plan you can stand, long term!**

When planning, make small specific changes that you can measure and accomplish.