



SENIOR HEALTH

Weight Control

10 TIPS FOR KEEPING THE WEIGHT OFF



- 1** Exercise regularly. Even a half hour of brisk walking three times a week can control weight and lower blood pressure.
- 2** Lower your fat intake. Eat lean meats, fish and poultry. Cut back on high-fat foods, such as bacon, sausage, lunch meats and hot dogs. Choose nonfat or low-fat dairy products. Bake, broil, roast or poach instead of frying.
- 3** Eat a variety of foods that includes fruits, vegetables and grains to keep meals interesting.
- 4** Don't skip meals, it will slow down your metabolism, making it harder to lose weight.
- 5** Eat smaller meals more often throughout the day. Let go of the three-meals-a-day concept. Eat when you're hungry and stop when you're not.
- 6** Eat slowly. It takes the stomach time to tell the brain it's full. If you rush into eating, your body may be full long before you realize you've had too much.
- 7** Drink at least eight glasses of water each day. Water helps metabolize fat, decrease appetite and prevent dehydration.
- 8** To better understand your eating habits, write down what you eat and when you eat it. Become aware of your eating triggers and try to eliminate them.
- 9** Avoid buying foods that you shouldn't eat. If you want to treat visitors to sweets, buy them when company arrives and send leftovers home with them.
- 10** Take advantage of restaurants' "heart-smart," low-fat meals.