

Healthy Weight

► **Why is staying at a healthy weight good for you?**

A healthy weight means that you feel healthy in your body and mind, and that you are decreasing your chance of getting diseases such as heart disease, diabetes, and high blood pressure. A healthy weight allows you to be physically active so you can run up and down hills, participate fully in sports and P.E., and help out with family chores. Staying at a healthy weight as a teen will improve the way you feel about yourself and your body and help you manage your weight for life.

► **How can you get to or stay at a healthy weight?**

If you want to lose some weight, try being more active and eating fewer calories each day. Here are some things to try:

✓ **Be active almost every day to burn extra calories and get fit.**

Play sports, walk to school in a group or with a friend/family member, rollerblade, and ride a bike instead of playing video games and watching TV. Being active doesn't mean you have to exhaust yourself—it's about moving around for 30-60 minutes everyday. Exercise with friends and try different and enjoyable physical activities.

✓ **Cut down on calories.**

Some simple ways to cut calories include:

1. Drink water instead of soda, juice, or sports drinks. You can cut 100-150 calories every time you do this..
2. Eat a piece of fruit instead of a candy bar or junk food. You will cut about 200 calories or more.
3. Eat smaller portions of food and drink lots of water with meals and snacks.
4. Try some of the ideas in this chart:



<input type="checkbox"/> Drink a lot of water throughout your day. Try to drink at least four 16 oz. bottles of water each day. This will help you digest food.	<input type="checkbox"/> Cut down on foods that are fried, battered and covered in sauces and gravies.
<input type="checkbox"/> Drink nonfat/lowfat milk and eat nonfat/lowfat dairy products (cheese, yogurt) rather than whole milk dairy products.	<input type="checkbox"/> Cut back on watching TV, playing video games, and sitting at the computer to no more than one or two hours per day. Pick a few favorites and skip the rest.
<input type="checkbox"/> Increase your intake of fiber-rich foods.* They are filling and easily digested.	<input type="checkbox"/> Avoid eating in front of the TV or computer. While watching TV, you may keep eating, even when you're not hungry.
<input type="checkbox"/> Eat when you are hungry. Refusing to eat when you are hungry can lead to bingeing/overeating later. So have a healthy snack if you're hungry, but WATCH PORTION SIZE. Or, share a snack with a friend.	<input type="checkbox"/> Don't eat when you're not hungry. If you feel like munching but you're not really hungry, do something else like go for a walk, call a friend, or read a book. If you really want to snack, eat cut-up vegetables or a piece of fruit.
<input type="checkbox"/> Eat slowly. Stretch your meals to at least 20 minutes. It takes 20 minutes for your brain to recognize that you are full.	<input type="checkbox"/> Walk and talk! When you're talking on the phone, walk around, do squats, sit-ups, or run in place.

**Some examples of fiber-rich foods include:*

- ➔ **Cereals:** raisin and other bran cereals, shredded wheat, frosted mini-wheats, oatmeal, and puffed wheat.
- ➔ **Breads and Grains:** corn tortillas, brown rice, graham crackers, brown bread, dark rye bread, multi-grain, whole grain, brown and rye breads.
- ➔ **Vegetables:** carrots, broccoli, peas, lettuce, spinach, sweet potatoes (with skin), string beans, corn, jicama, turnips, lima beans, brussel sprouts, swiss chard, kale, collards, winter squash.
- ➔ **Fruits:** apples (with skin), berries, raisins, apricots, oranges, figs, blackberries, prunes, pears (with skin), tangerines.
- ➔ **Beans, nuts, and seeds:** almonds, cashews, chestnuts, peanuts, filberts, sesame and sunflower seeds, walnuts, yams, lentils, black, garbanzo (chickpeas), kidney, pinto, split, white (such as great northern and navy) and soy beans.

Adapted from: www.weight-loss-information.featherish.com