



for your company
for your employees
for your future
January 3, 2011

WELLNESS WEEKLY

Make Small Changes...See Big Results

Losing weight doesn't have to be all about exercising for hours a day, skipping meals, or avoiding carbohydrates. It's about making small changes in your diet and physical activity level – and making them day after day and week after week, so they became a routine in your everyday life.



Change #1: Eat Breakfast.

Research shows people who eat breakfast are more likely to lose weight. Some studies show breakfast skippers eat more calories by the end of the day. Start the day with a healthy breakfast such as whole grain cereal with fresh fruit and low-fat or nonfat milk.



Change #2: Weigh yourself frequently.

Step on the bathroom scale at least once a week. That's what 75% of people who lose weight successfully do. If the needle is creeping up, you know it's time to make a little extra effort.

Change #3: Keep a food diary.

Recording what, how much, and when you eat gives you clues about your eating habits.



Change #4: Cut calories.

Eating fewer calories is the best way to lose weight. Reduce calories by eating smaller portions, skipping seconds, and putting half of your restaurant meal in a to-go bag.

Change #5: Turn off the tube.

Nearly two-thirds of people who successfully lose weight watch 10 hours or less of TV a week – that's 18 fewer hours than the national average.



Change #6: Become more active.

Getting about an hour of exercise a day, usually walking, is a key habit of people who lose weight. Start slowly and build up to at least 30 minutes a day (60 minutes is even better). Sneak activity into your day, too. Park farther from your destination, take a lap around the mall before shopping, and get up and do household chores during TV commercials.