

# Healthy Weight Loss Tips

## Eating Well at Home

- Make an effort to eat at the table. Eating mindlessly in front of the TV is a sure way to overeat.
- Don't feel the need to clean your plate. With the giant portion sizes restaurants give now, you may be consuming double and triple the recommended portions.
- Don't worry about wasting food. When you are full, stop eating.
- Eat slowly to give your body time to digest and send signals to the brain that you are full.
- Don't skip meals. When you skip a meal, your body thinks you are in starvation mode so it slows down your metabolism to compensate. This could cause you to overeat at the next meal.
- Include high-fiber foods in your diet (beans, fruit and oat products). Fiber helps you feel full faster and for longer. It also helps keep your blood sugar stable.
- Eat a variety of healthy foods. Balanced meals are important.
- Limit processed and high-calorie foods to special occasions. It's ok to treat yourself every once in a while.
- Eat lots of leafy vegetables. They fill you up and are packed with nutrients.

## When Eating Out

- Split a dish with a friend.
- Choose an appetizer instead of an entrée as a main course.
- Order a cup of soup before the meal to fill you up. Stick to broth based soups as cream based is loaded with cream and fat.
- Never supersize.
- Order a to-go box when your food arrives so you can portion out what you should eat and save the rest for a meal the next day.

- Go to places where you know you can order healthy meals.
- Avoid buffets and all-you-can-eat specials. Buffets impair your ability to judge proper portion sizes and subject you to portion distortion.
- Go for the marinara pasta sauce over cream based or alfredo sauces.

## Exercise Regularly and Vary Your Routine

The National Institutes of Health recommends a minimum of 30 minutes of exercise at least five days a week for adults. Exercising on a regular basis will help you manage your weight, improve your mood, and combat high blood pressure, diabetes, osteoporosis and certain kinds of cancer.

Not all of us enjoy going to the gym, but there are countless other ways to get your heart rate up and get moving.

Chart is based on a person who weighs 155 pounds.  
Add 25% to the number of calories burned for someone who weighs 200 pounds.

### Household Chores & Activities

Activity	Calories/Hour
Gardening	295
Heavy house cleaning	257
Cooking or food prep	176
Mowing the lawn	325
Raking the lawn	258
Carrying heavy loads (concrete blocks, etc.)	517
Dressing or feeding a child	181
Scrubbing floors by hand	366
Car repair	177
Carpentry	246
Preparing food	148
Painting, scraping, plastering	289
Sweeping the garage	257

### Sports & Leisure

Activity	Calories/Hour
Archery	246
Bowling	215
Backpacking	511
Canoeing	377
Cross-country skiing	511
Downhill skiing	365
Badminton	317
Baseball or softball	365
Basketball	422
Boxing	844
Swimming laps	534
Soccer	461
Football	602
Golfing, carrying clubs	329
Tai chi	286
Weightlifting	219
Stretching	270
Hiking	438
Ballroom dancing	219
Horseback riding	236

### Aerobic Movement

Activity	Calories/Hour
Aerobics, high impact	502
Aerobics, water	292
Bicycling (10 mph)	376
Tennis	538
Dancing	354
Ice skating	502
Ice hockey	563
Jogging (5 mph)	584
Rollerblading	703
Jumping Rope	717
Rowing, stationary	502
Running (8 mph)	969
Stair treadmill	550