

## Ten Ways to Manage Your Weight

### 1. Be realistic about your goals

Not everyone was born to have buns of steel or a model-thin body. Aiming for the impossible can mess up your body - and your mind.

### 2. Be gentle with your changes

Make small changes in what you eat and the activity you do. Small changes, made over time, always work better than complete makeovers.

### 3. Be active in your daily routine

If you are already physically active, make sure that you are getting enough fuel. If you're spending too much time on the couch, get up and dance.

### 4. Be adventurous with your food choices

The best way to get the 40+ nutrients you need is to enjoy a wide variety of foods - and to explore different tastes, textures and colors.

### 5. Be flexible with your approach

There's no need to worry about one meal, one day or any specific food. All foods, from lettuce to pizza, can be included in a healthful eating style.

### 6. Be positive about your body

Saying harsh things about your body will only make it harder to take good care of yourself. Acknowledge your strengths and take good care.

### 7. Be sensible with your knife and fork

Enjoy all foods, just don't overdo it. Recognize that American portion sizes are ridiculous. Listen to the hunger and fullness cues from your body.

### 8. Be creative with your fitness program

Get fit by finding activities you enjoy. If you love organized sports or working out at the gym, go for it. If not, go dancing, do yoga or trying something totally new.

### 9. Be persistent in your changes

Forget instant results and magical thinking. Realize that real progress only comes from small changes that you make over and over again.

### 10. Be patient with yourself

It takes time to ditch old habits for new ones. Focus on your personal goals - and make healthy choices so you can do the things you want to do.

