



10 Ways to Manage Your Weight

1. Set realistic goals

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

2. Gradually make changes

Make small changes in your eating habits and activity. Over time, small changes work better than complete 180's.

3. Have an active daily routine

Are you already physically active? Make sure you get enough fuel. If you're spending too much time sitting on the couch, get up and get active.

4. Be daring with your food choices

Enjoy an array of different foods with different tastes, textures and colors to get the 40+ nutrients you need.

5. Take on a flexible approach

Don't stress out about one day, one meal or any specific food. All foods can be included in a healthy eating style.

6. Be positive about yourself

Saying negative things about your body will only make it more difficult to take good care of yourself. Acknowledge the positive and take good care.

7. Eat sensible portions

Enjoy all foods, but don't overdo it. Recognize that American-sized portions are outlandish. Listen to your body for hunger and fullness cues.

8. Create your own personal fitness program

Engage in activities that you enjoy. If you love to play sports or work out at the gym, go for it. If not, try yoga, dancing or something totally new.

9. Be persistent with your changes

Disillusion yourself from instant results and realize that real progress comes from small changes over a long period of time.

10. Have patience with yourself

Allow yourself time to quit old habits for new ones. Keep focus on your personal goals and make healthy choices so you can do all the things you want to do.

For more information or a 1:1 wellness consultation, please contact Julie Chobdee, MPH, Wellness Program Coordinator, at Julie.Chobdee@ucr.edu or x2-1488.