



Helpful Websites and Resources:

www.mypyramid.gov

http://www.helpguide.org/life/healthy_weight_loss.htm

For Body Mass Index Calculations, go to:

<http://www.nhlbisupport.com/bmi/>

Healthy Weight Loss Tips

- * Set realistic goals for yourself.
- * Losing weight gradually is safer and it will be more likely that you will keep the weight off. Try to not lose more than 2 pounds a week.
- * Maintain a well-balanced diet. Don't try to cut out carbohydrates or fats because your body needs them.
- * Reduce your calorie intake by 500 calories a day to lose one pound a week. A deficit of 3,500 calories equals a pound of weight loss, but that can be between diet and exercise. If you burn off 300 calories through exercise, which is about 30 minutes of pretty intense cardio, you only have to restrict 200 calories from what you normally eat.
- * Try to make your eating habits into a lifestyle change rather than a "diet". You should try to eat foods that you can live with for the rest of your life.
- * Make sure to eat breakfast daily to start your metabolism for the day.
- * Eating small meals every 3 hours is more beneficial than eating 3 large meals a day.