



Keeping It Off

You have embarked on a healthier lifestyle, now the challenge is maintaining the positive eating habits you've developed along the way.

Watch Your Diet

Keep your eating patterns consistent. Follow a healthy eating pattern regardless of changes in your routine. Plan ahead for weekends, vacations, and special occasions.

Be Active

Get daily physical activity. People who have lost weight and kept it off typically engage in 60—90 minutes of moderate intensity physical activity most days of the week while not exceeding calorie needs.

Stay on Course

Monitor your diet and activity. Keeping a food and physical activity journal can help you track your progress and spot trends.

Monitor your weight.

Keep support from family, friends, and others.

Learn more at www.cdc.gov/healthyweight

Take Charge. Live Well! And stay a few pounds lighter!

Take Charge. Live Well!

Source: "Keeping It Off." www.cdc.gov.