

HOW TO MANAGE WEIGHT

1 KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.



REDUCE CALORIES IN:

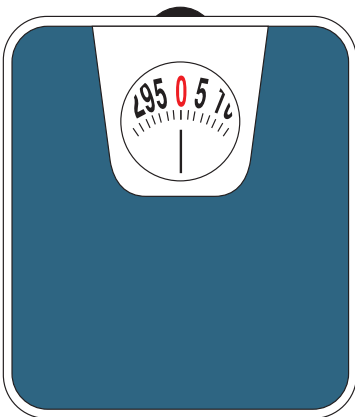
Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.



INCREASE CALORIES OUT:

An activity tracker can help you learn how much physical activity you currently get.

2 LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight.

3 TIPS FOR SUCCESS

Goal setting and making small changes can help set you up for success.



CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating.



GET ACTIVE

Find 30 minutes in your day to get physically active! You can get health benefits even if you split it into two or three 10- to 15-minute segments a day.



EAT SMART

Follow a healthy eating pattern that emphasizes fruits and vegetables and includes whole grains, low-fat and fat-free dairy products, skinless poultry, fish, lean meat, beans and legumes, and nuts. Limit sugary foods and drinks, fatty or processed meats, salty foods, and highly processed foods. Make smart substitutions when cooking, snacking and dining out.

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