

# Top 5 Tips for Healthy Weight Management

## 1. Set SMART weight loss goals (see page 66)

**SMART** goals will help you make progress and keep you motivated:

- Specific:** Decide what you are going to do and how to do it.
- Measurable:** Keep track of how you are doing.
- Achievable:** Pick something you think you can do. Start with small changes.
- Rewarding:** Think of how good you will feel when you make small changes.
- Time Frame:** Give yourself a time limit to reach your goal.

- Post your goals where you can look at them often
- Aim to lose weight slowly— $\frac{1}{2}$  to 2 lbs ( $\frac{1}{4}$  to 1 kg) per week—and you will be more likely to keep it off
- Remember: even if losing 5 to 10% of your present weight does not get you to your ideal weight, it is still enough to help your heart

## 2. Eat regular meals

- Three meals a day
- Space your meals no more than 4 to 6 hours apart
- Include healthy snacks

## 3. Reduce portions

- Remember that how much you eat counts
- Choose smaller servings at your meals and snacks
- But, don't cut back too much—that can make you hungry and more likely to over-eat

4. Keep a food journal

- Keeping track of what you eat will help you to spot eating patterns you may want to change.
- Use this information to set SMART goals for making small changes in your eating patterns

5. Get active

- Aim for 30 to 60 minutes most days of the week
- For example, brisk walking will help you burn calories, sleep better, increase your energy, and improve your overall heart health

## My Personal Health Goal

What do I want to do:  
(Example: Eat breakfast)

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How often:  
(Example: Eat breakfast daily)

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How long:  
(Example: I will continue for 1 month and then re-check my progress)

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Signature:

I, \_\_\_\_\_, commit to doing the work necessary to reach my goal.

Date:

Signed: