

Tips for Weight Control

Change doesn't happen overnight. Focus on step-by-step changes. Losing 1 to 2 pounds a week is a good goal to start with.



Watch what you eat

- **Grocery shopping.** Eat before you go to the store. You will be less likely to buy more than you need. Also, make a list and stick to it. Shop in the fresh foods section of the store.
- **Cooking methods.** How you cook is just as important as what you cook. Broiling, baking, roasting and stewing are the best methods. Avoid frying.
- **Eat balanced meals.** Plan your meals to include a variety of foods, such as fruits, vegetables and whole grains. Limit the amount of fast foods and processed foods you eat.
- **Cut down on portions.** Reduce the amount of food you put on your plate. Use a smaller plate. Eat slowly, and stop eating when you are full.
- **Avoid too many snacks.** Try eating only 2 to 3 regular meals per day. It's easy to get carried away with snacks. If you need a snack, choose a healthy option like whole fruit or mixed nuts.
- **Plan for difficult situations.** Limit how much and how often you eat before parties and other get-togethers. Avoid nibbling.

(continued)



To learn more, call the Health Education Information Line at **800-804-6074 (TTY: 711)**, Monday through Friday 9 am to 5 pm., or log on to **www.healthnet.com**



Rethink your drink

- **Limit alcohol.** It has plenty of calories and no nutrition.
- **Watch out for sugary drinks.** A 20 oz. soda is like eating 22 packs of sugar! Limit sodas, energy drinks and sports drinks. Fruit juice also has a lot of sugar. Eat whole fruit instead.
- **Drink more water.** Your body depends on water to work properly. Aim for at least 8 cups every day. Add a slice of fruit, cucumber or mint to give it flavor!



Exercise

- **10 minutes at a time.** Burn extra calories 10 minutes at a time. Aim for 30 minutes a day when you're ready. Be consistent and drink water.
- **Strength exercises really help.** Work out your major muscles, like your arms, legs and stomach. Canned foods can be used to do arm curls.

Are you a Health Net member?

Call Health Net's Health Education Department at 800-804-6074 (TTY: 711), Monday through Friday, 9 am to 5 pm. We'll send you a stretch band with workout instructions.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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