

Check Three Things You Will Do To Help You Lose Weight:

- Get up 15 minutes earlier to eat breakfast at home. Include fruit, whole-grain bread, and fat-free or low-fat (1%) milk.

- Prepare a heart healthy lunch the night before. Include fruits, vegetables, and small portions of leftovers.



- Take a piece of fruit for a snack at work.

- Eat smaller portions at dinner. Eat vegetables every night, or have a salad with low-calorie dressing.



- Drink water instead of soda or other drinks high in calories and sugar.



- Get active at work, at home, and in your spare time. Walk with your family or a friend.