Tips for a Healthy Lifestyle

Keeping a healthy weight helps you live a healthy lifestyle. This is because it reduces your risk for heart disease, stroke, high cholesterol, and diabetes. Use these tips to make long-term healthy weight choices.

1
Shop Smart

- Read food labels to choose foods lower in calories.
- Cut down on cakes, pastries, candy, and soft drinks.
- Choose vegetables, fruits, and whole grains.

2
Plan How You Cook

- Bake, broil, boil, or grill foods instead of frying them.
- Cook with vegetables and lean meat.
- Use vegetable oil spray instead of greasing the pan with oil or shortening.

3
Modify How You Eat

- Serve small portions and eat a green leafy salad if you are still hungry.
- Don’t skip meals.
- Have green beans and brown rice with one piece of chicken instead of three pieces of chicken alone.

4
Be Active

- Walk briskly for at least 10 minutes at a time for a total of 2 hours and 30 minutes each week.
  OR
- Do activities with a lot of running for at least 10 minutes at a time for a total of 1 hour and 15 minutes each week.
  AND
- Lift weights at least 2 days each week.