

20 TIPS TO MAINTAIN A HEALTHY WEIGHT

Tips To Help You Maintain A Healthy Weight

- Be physically activity at least 3-4 times a week.
- Restrict your alcohol consumption.
- Consume a lot of fruit and vegetables.
- Make educated food choices.
- Drink lots of water.
- Don't skip breakfast.
- Eat more protein, especially at breakfast.
- Select the "right" fats.
- Look for hidden sugar.
- Eliminate processed foods.
- Avoid "white" carbohydrates.
- Spice it up with some herbs.
- Buy pre-cut vegetables.
- Eliminate sweetened beverages like juice.
- Shop the perimeter to avoid unprocessed foods.
- Choose smaller portions or share restaurant portions.
- Check the calories at restaurants.
- Dine at home more often.
- Slow down and chew.
- Brush your teeth after meals.



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Resources

[Maintaining a Healthy Weight | National Institute on Aging](#)

[Tips for Maintaining Healthy Weight](#) CDC

[Maintain a Healthy Weight](#) NIH

[Tips for Healthy Eating for a Healthy Weight](#) CDC