EATING RIGHT FOR HEALTH

Find
Yourself
Healthy

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Eating Right for Health

Achieving and maintaining a healthier weight will contribute to your overall health and well being. Start implementing these tips to achieve a healthy lifestyle.

Start with a Plan

Develop a plan for lifelong health, not just short-term weight loss. Don't lose sight of the big picture: achieving overall good health. By putting more emphasis on your health, experts agree that you can raise your overall self-esteem; resulting in healthy eating, weight loss and improved health.

Set healthy, realistic goals. When you make changes step-by-step and set realistic goals, you are more likely to succeed in reaching them. Start with two or three specific, small changes at a time. Track your progress by keeping a food and activity log. When you've turned a healthy change into a habit, reward yourself with a fun activity.

Get a personalized eating plan at www.findyourselfhealthy.com. You'll then know the amounts of each food group you need daily.

Healthy Eating Tips

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with the right portions of a variety of foods. Try to make sure each meal has vegetables.

If you're trying to loose weight try changing from a large dinner plate to a smaller one.

Start your meal with low calorie foods like fruits, vegetables and salads. Then move on to the main course and side dishes. This helps your digestive system wake up.

Focus on your food. Pick one place to sit down and eat at home. Eating unconsciously while doing other things, like watching TV, may lead to eating more than you think.

Know when you've had enough to eat. Quit before you feel full, quit when you feel satisfied. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters—slow down and give your brain a chance.

Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes, and help regulate you, which will prevent several diseases since a majority all start in the colon.

Plan for nutritious snacks to prevent between-meal hunger. Keep portable, healthy snacks in your desk, backpack or car.

Physical Activity

Find your balance between food and physical activity. Regular physical activity is important for your overall health —plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Be active for about 60 minutes a day. You can breakup your physical activity into 10-15-minute sessions throughout the day if you need to.

Cut back on sodium and empty calories from solid fats and added sugars.

look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Switch from solid fats to oils when preparing food.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Get Started

Start taking action now, every day counts and true health will be worth it and bring you happiness. If you're not sure all the way or have questions, visit www.findyourselfhealthy.com and sign up for a plan that is right for you. You will then know the exact exercises and meals to be having to reach your goal.