



7 MIN

THE TOP 10 TIPS TO STAY FIT LONG - TERM

1

START YOUR DAY RIGHT

Many people think that if they don't eat breakfast that they will lose weight. However, studies have actually shown that those who skip breakfast actually gain weight. Breakfast fills your "empty tank" to get you going after a long night without food. Some easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, or yogurt with fruit.

2

GET MOVING!

It's easy to fit physical activities into your daily routine. Walk, bike or jog to work or see friends.

Take the stairs instead of the escalator at the mall or elevator at the work. Try your best to do these things for a total of 30 minutes a day.

3

SNACK SMART

Snacks are a great way to refuel. Choose snacks from different food groups - a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal. If you are eating smart with your other meals throughout the day then cookies, chips and candy are OK for occasional snacking.

4

WORK UP A SWEAT

Vigorous work-outs help your heart pump better, gives you more energy and helps you look and feel your best. Start with a warm-up that stretches your muscles. Include 20 minutes of cardio, such as running or jogging. Followed by activities that help make you stronger like push-ups or lifting weights. Then cool-down with more stretching and deep breathing.

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BALANCE YOUR FOOD CHOICES

You don't have to give up foods like ice cream, french fries and cookies to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. Balancing food choices from Canada's Food Guide and checking the Nutritional Information on food labels will help you get all these nutrients.

6

GET FIT WITH FRIENDS OR FAMILY

Being active is much more fun with friends or family. Encourage others to join you and plan one special physical activity event, like a bike ride or hiking, with a group each week.

7

EAT MORE GRAINS, FRUITS & VEGETABLES

These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! Try breads such as whole-wheat, bagels and pita. Spaghetti and oatmeal are also in the grain group. Bananas, strawberries and melons are some great tasting fruits. Try vegetables raw, on a sandwich or salad.

8

DRINK PLENTY OF WATER

Keeping your body hydrated is very important. Drinking water every couple of hours is beneficial in keeping your body systems running smoothly.

9

FOODS AREN'T GOOD OR BAD

The meals that you eat should be balanced and provide your body with good nutrition. What makes a diet good or bad is how foods fit together.

Balancing your choices is important. Fit in a higher-fat food, like a piece of pepperoni pizza, at dinner by choosing lower-fat foods at other meals. Don't forget about moderation. If you are full after two pieces of, you don't need a third.

10

MAKE HEALTHY EATING & PHYSICAL ACTIVITIES FUN!

Take advantage of physical activities that and your friends or family enjoy doing together and eat the foods you like. Be adventurous - try new sports, games and other activities as well as new foods.

You'll grow stronger, play longer, and look and feel better! Set realistic goals - don't try to change too much at once.