Make Small Changes...See Big Results

Losing weight doesn’t have to be all about exercising for hours a day, skipping meals, or avoiding carbohydrates. It’s about making small changes in your diet and physical activity level – and making them day after day and week after week, so they became a routine in your everyday life.

**Change #1: Eat Breakfast.**
Research shows people who eat breakfast are more likely to lose weight. Some studies show breakfast skippers eat more calories by the end of the day. Start the day with a healthy breakfast such as whole grain cereal with fresh fruit and low-fat or nonfat milk.

**Change #2: Weigh yourself frequently.**
Step on the bathroom scale at least once a week. That’s what 75% of people who lose weight successfully do. If the needle is creeping up, you know it’s time to make a little extra effort.

**Change #3: Keep a food diary.**
Recording what, how much, and when you eat gives you clues about your eating habits.

**Change #4: Cut calories.**
Eating fewer calories is the best way to lose weight. Reduce calories by eating smaller portions, skipping seconds, and putting half of your restaurant meal in a to-go bag.

**Change #5: Turn off the tube.**
Nearly two-thirds of people who successfully lose weight watch 10 hours or less of TV a week – that’s 18 fewer hours than the national average.

**Change #6: Become more active.**
Getting about an hour of exercise a day, usually walking, is a key habit of people who lose weight. Start slowly and build up to at least 30 minutes a day (60 minutes is even better). Sneak activity into your day, too. Park farther from your destination, take a lap around the mall before shopping, and get up and do household chores during TV commercials.