



FINDING YOUR FIT WEIGHT

Your fit weight is neither thin nor fat, but is unique to you. It represents the weight that expresses you at your own peak of health, strength, flexibility and endurance. At your fit weight, you feel good, energized, and capable. You take pleasure in eating and in exercising, and are aware and respectful of your body. Below are some suggestions on finding your fit weight.

- Eat while sitting down in a calm environment (not your car, standing at your kitchen counter, or in front of your television).
- Eat slowly. It takes 20 minutes for your brain to signal your stomach that it's full.
- Add more fruits and vegetables to your meals, and eat a variety of colors. Adding lots of color to your diet is one of the best ways to be sure you are getting the range of vitamins you need.
- Schedule brisk ten-minute walks mid-morning and mid-afternoon. A 150-pound person will burn 50 calories in ten minutes. Burning 100 calories a day is a great start to being fit.
- Do **not** skip breakfast. It produces mid-morning cravings and mindless eating.
- Drink plenty of water. Dehydration can lead to irritability, depression, fatigue, muscular tension, and poor skin and hair quality.
- Consume fabulous fats: fish like salmon and tuna, olive or canola oils, and avocados are a few good choices.
- Create a healthy food environment. If it's not in the pantry you won't eat it! Design your refrigerator and pantry to reflect your fit choices. Let your kitchen support you – not tempt you.
- Understand that hunger is complex. Food satisfies physical hunger. Find other options to satisfy emotional hungers, to fill up feelings of emptiness or loneliness.

