



Faith Community Nursing

# January Healthy Weight Tips



**Balanced Nutrition is the KEY to healthy weight!**

**Find a healthy eating style that fits YOU!  
Your preferences and lifestyle!**

## Beware of Monster Portions!



**Water is the best liquid for your thirst and body!**

**Sodas and juices have a lot of sugar!**

## SIMPLE WAYS TO BE MORE ACTIVE:

### AT HOME

- Walk your dog and play fetch
- Work in your garden
- Clean your house
- Lift weights, march in place or walk around the room while watching TV



### AT WORK

- Walk at lunch
- Exercise in your chair
- Take the stairs
- Stand while on the phone, reading or eating
- Talk face-to-face with your coworkers



### WHEN YOU'RE OUT

- Go dancing
- Do tai chi
- Take a walk after dinner
- Park far away from the door
- Wear a pedometer

