

## Top Ten Strategies for Lifetime Success:

- 1) **Eat a Consistent Breakfast:** A small consistent breakfast high in fiber each morning is the best way to rev up your metabolism.
- 2) **Portion Control:** You don't need measuring cups to control your portions. Break out those salad plates! The size of your fist is a serving of starch (potatoes, rice, pasta, etc), the palm of your hand is a serving of chicken, meat, or shellfish (you get to use your whole hand for fin-fish). Load up the rest of your plate with veggies for a balance meal!
- 3) **Go Lean on Protein:** Saturated fat has the largest impact on your LDL-cholesterol, and is mostly found in high fat animal products like red meats, cheeses, and whole fat dairy. Keep your heart healthy by choosing fish, shellfish, boneless skinless poultry, and nonfat dairy.
- 4) **Eating Awareness:** Pay attention to your body's cues by getting too hungry or too full. You can achieve this by not going more than 5 ½ hrs without food, and to enjoy your food mindfully. So turn off the TV, sit down to eat your meal, and chew each bite.
- 5) **Create a Safe Environment:** Make healthy choices a no-brainer by surrounding yourself with opportunities for success. Raid your pantry of processed junk food loaded with trans fats, and fill it with whole grains, fruits and vegetables. Clean out the fridge from sodas, butter and full fat dairy, and stock up on nonfat yogurt, water and egg whites.
- 6) **Dining Out Do's and Don'ts:** Skip the excess calories by passing on the fillers before a meal (bread baskets, appetizers, and drinks). Ask for sauces to come on the side, and get a box to come with your meal so that you can practice portion control!
- 7) **Get Moving:** Exercising does not have to be punishment, so make sure that you're doing something that you enjoy. Are you bored on your walks? Listen to your favorite music, a book on tape, or offer to walk your neighbor's dog.
- 8) **Surviving Your Social Life:** A great rule of thumb is to "eat before you meet" so that you don't get too hungry before the meal. Bring a "safe food" that everyone can enjoy, and you'll always have a healthy option. At the buffet, pick your top three foods (one safe food, one higher calorie food of choice), and socialize away from the buffet table!
- 9) **Social Support:** Open up lines of communication with friends or family members about the changes you are making to improve your health. Asking about your weight loss or reminding you of foods that are "not on your diet" are NOT going to help you stay on track. Ask them if they are willing to support you in these changes, and then offer specifics on ways that they can be there for you through this process.
- 10) **Accountability:** Establish a way to keep yourself in check by recording your weight once a week, or keeping a record of the foods that you've eaten and physical activity you've completed. Be sure to celebrate yourself for making changes. Please do not beat yourself up when you are not "perfect." Remember, these changes last a lifetime, and may not happen overnight!

