



EATING AND EXERCISING TO STAY HEALTHY

EXERCISE: Walk about 40 minutes every day. It is not uncommon to feel short-winded after 10 minutes of walking. Continue to walk with and you will feel if better. Walking outside is better and less boring than walking on treadmill. Any exercise is better than no exercise.

FOOD: DO NOT DRINK fruit juices, including real fruit juices, sodas, diet sodas or sweet tea. *Obese people generally consume over a third of calories in the form of sugary liquids every day!* Drink water. A cup or two of unsweetened tea or Coffee is OK. Eating an apple or pear a day is good (DO NOT drink the fruit juice in cans or cartons). Cook at home. Do NOT eat foods in restaurants/cafeterias everyday for lunch. Make a small low fat sandwich.

MEASURE: Always measure your foods. Never put scoops of food on plate. Gravy, mashed potatoes Grits are fattening and laden with calories. You need to eat less, eat smaller portions. DO not eat second helpings. DO NOT put gobs of salad dressings on Salads. Salad dressings are laden with fat. A wine-vinaigrette type of dressing is safer. DO NOT eat snacks between meals.

PURCHASE: Go shopping only after a meal. Do not buy snacks. Do NOT buy ready to cook pastries or breads. Use a basket instead of a cart. You will buy less.

LOG: Keep a log of what you eat for seven days. We need to know not only what you eat but also the quantities. We can review this and help you.