**Weight Control Quick Tips**

1. **Avoid** absent-minded eating such as eating out of the bag or eating in the car.

2. **Set a time** for your meals where you can sit down and eat your meal slowly.

3. **Engage in conversation** at meals — it's hard to eat and talk at the same time.

4. **Cut cravings** by taking a walk or biting into a dill pickle or lemon.

5. **Sights on sugary sweet snacks?** Tackle an item on your to-do list instead.

6. **Eat more** naturally sweet fresh fruits, hearty vegetables and filling whole grains.

7. **Refuel** each day with at least 5-10g of fiber at breakfast from oatmeal, cereal, an English muffin or whole-wheat bagel; fresh fruit; and skim milk or 100% juice.

8. **Make appointments** with yourself or a buddy for regular exercise.

9. **Raise your metabolism** with cardio (aerobic) exercise most days (with your doctor’s OK).

10. **Make less food look like more** by using a smaller **plate**.

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**strive for five** Eat. Drink. Think. Move. Lose.