

# Tips for Weight Control

Change doesn't happen overnight. Focus on step-by-step changes. Two pounds is the most you should lose in one week without overdoing it.

## *Watch what you eat*

- **Grocery shopping.** Eat before you go to the store. You will be less likely to buy more than you need. Also, make a list and stick to it. Shop in the fresh foods section of the store.
- **Cooking methods.** How you cook is just as important as what you cook. Broiling, baking, roasting and stewing are the best methods. Avoid frying.
- **Eat balanced meals.** Plan your meals to include a variety of foods, such as fruits, vegetables and whole grains. Limit the amount of fast foods and processed foods you eat.
- **Cut down on portions.** Reduce the amount of food you put on your plate. Use a smaller plate. Eat slowly, and stop eating when you are full.
- **Don't skip meals.** Eat breakfast every day. Your body needs fuel to help you through the day. Avoid high-calorie snacks like candy and ice cream.
- **Plan for difficult situations.** Eat a healthy snack before parties and other get-togethers. Avoid nibbling.

## *Rethink your drink*

- **Limit alcohol.** It has plenty of calories and no nutrition.
- **Watch out for sugary drinks.** A 20 oz. soda is like eating 22 packs of sugar! Limit sodas, energy drinks and sports drinks. Fruit juice also has a lot of sugar. Eat whole fruit instead.
- **Drink more water.** Your body depends on water to work properly. Aim for at least 8 cups every day. Add a slice of fruit, cucumber or mint to give it flavor!

## *Exercise*

- **10 minutes at a time.** Burn extra calories 10 minutes at a time. Aim for 30 minutes a day when you're ready. Be consistent and drink water.
- **Strength exercises really help.** Work out your major muscles, like your arms, legs and stomach. Canned foods can be used to do arm curls.

**Are you a CalViva Health member?**  
Call CalViva Health's Health Education Department at 1-800-804-6074. We'll send you a free stretch band with workout instructions.



To learn more,  
call the Health  
Education  
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Line at  
**1-800-804-6074**  
(TTY/TDD  
**1-800-431-0964**)  
or log on to  
**www.CalViva**  
**Health.org.**

# Lus Pab Qhia los Tswj Txoj Kev Hnyav

Ib hmo xwb es koj cia li xav kom txhua yam hloov nws yuav tsis zoo li ntawd. Rau siab hloov ib kauj ruam zuj zus mus. Ob phaus yog qhov ntau tshaj uas koj yuav poob tau rau ib lub lim piam kom koj tsis txhob sab heev.

## Saib tej yam koj noj

- **Mus yuav khoom noj khoom haus tom khw.** Noj mov ua ntej koj yuav mus tom khw. Koj thiaj li tsis txhob yuav ntau tshaj qhov koj yuav tsum tau. Sau cov khoom rau ib daim ntawv thiab tsuas yuav raws li cov sau tseg xwb. Yuav khoom ntawm qhov chaw muag zaub hauv lub khw.
- **Cov tswv yim ua noj.** Txoj kev ua noj tseem ceeb npaum li yam khoom koj ua noj. Ci txhiab, ci auv, tsaws, thiab hau yog cov hom kev zoo ua noj tshaj. Xyeej txhob kib zaub mov.
- **Noj cov pluag kom muaj txhij txhua.** Npaj koj cov pluag mov kom muaj ntau hom zaub mov, xws li txiv hmab txiv ntoo, zaub thiab whole grains. Txiaiv tsis txhob noj cov khoom ua ceev los noj hauv khw thiab cov siv tshuab zom.
- **Txo cov khoom noj kom tsawg.** Txo kom cov khoom uas koj hais rau koj lub phaj tsawg zog. Siv ib lub phaj kom me zog. Noj kom qeeg zog, thiab nres tsis txhob no mov ntxiv thaum koj tsau plab lawm.
- **Txhob hla ib pluag mov.** Noj tshais txhua hnuv. Koj lub cev yuav tsum muaj zog koj thiaj nyob thawm hnuv. Tsis txhob noj cov khoom txom ncauj uas muaj calorie siab heev xws li qhob noom thiab ice cream.
- **Npaj rau tej lub sijhawm nyuaj.** Noj ib qho khoom txom ncauj zoo ua ntej mus koom tej koom txoos thiab lwm cov kev sib koom lom zem. Tsis txhob txom ncauj nyuj nyoom.

## Rov qab xav txog yam koj haus

- **Tswj kom tsis txhob haus dej caws ntau.** Nws muaj calories ntau heev thiab yuav tsis mus yug tau ib ce.
- **Xyuam xim tsis txhob haus dej qab zib.** Ib pob dej qab zib 20 oz yeej zoo ib yam li 22 hnuv me piam thaj! Tswj kom tsis txhob haus dej qab zib, dej haus kom muaj zog thiab dej haus ncaus kis las. Cov kua txiv hmab txiv ntoo los kuj muaj piam thaj ntau heev thiab. Cia li noj lub txiv hmab txiv ntoo kiag xwb.
- **Haus dej ntau zog.** Koj lub cev yuav tsum tau dej kom nws ua tau haujlwm zoo. Sib zog sim kom haus 8 khob dej txhua hnuv. Ntxiv ib nplais txiv hmab txiv ntoo, dib lossis ob peb daim nplooj pum hub kom nws qab txawv zog!

## Mus evxawsxais

- **10 feeb txhua zaus.** Nws yuav pab txias cov calories 10 feeb txhua zaus. Thaum koj npaj tau sim kom ua kom tau 30 feeb. Ua li qub txhua zaus thiab haus dej.
- **Cov evxawsxais ua kom muaj zog yeej pab tau zoo heev.** Siv koj cov thooj nqaij uas niaj zaus siv los ua evxawsxais xws li cov ntawm koj cov caj npab, ob txhais ceg thiab lub plab. Siv cov kaus poom los nqa ua evxawsxais rau koj ob txhais caj npab.

## Koj puas yog ib tug tswv cuab hauv CalViva Health?

Hu rau CalViva Health's Qhov Chaw Haujlwm Qhia Txog Kev Noj Qab Haus Huv ntawm 1-800-804-6074. Peb mam li xa ib txoj yas rub nrog cov lus qhia ua evxawsxais.



Kom paub ntxiv,  
hu rau CalViva  
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