

# Tips for Weight Control

*Change doesn't happen overnight. Focus on step-by-step changes.*

*Losing 1 to 2 pounds a week is a good goal to start with.*



## 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.

- **Avoid too many snacks.** Try eating only 2 to 3 regular meals per day, with 1 to 2 light snacks in between meals.

It's easy to get carried away with snacks. If you need a snack, choose a healthy option like whole fruit or mixed nuts.

- **Plan for difficult situations.** Limit how much and how often you eat before parties and other get-togethers. Avoid nibbling.

*(continued)*



To learn more, call the Health Education Information Line toll-free at **800-804-6074 (TTY: 711)**, Monday-Friday 9 am to 5 pm, excludes weekends and holidays.



## 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?

For questions about your CalViva Health benefits, call the Member Services toll-free at 888-893-1569 (TTY: 711), 24 hours a day, 7 days a week.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.