

It takes the human stomach 20 minutes to signal the brain that it is full!

WEIGHT MANAGEMENT

To help maintain a healthy lifestyle, keep the following tips in mind...

- **Be aware** – Don't eat when you are driving, at the computer, or watching TV. When we're distracted or hurried, the food we eat tends not to register well in the brain. This can cause over-consumption of calories and lead to eating double the calories that we normally would when sitting down at the table for a meal.
- **Be accountable** – Start a Food Journal and write down everything you eat each day, including in-between meals. Knowing it will have to be acknowledged and written down later may help you make smarter choices when deciding what to eat each day.
- **Make exercise a priority** – One of the biggest reasons people say they don't exercise is because of a "lack of time". Build your workout into your day and schedule it like you would any other event. Take a walk on your lunch break, go on a bike ride with your kids, or join a gym. Remember that taking time for your health each day is the most important thing you can do for yourself and your family.
- **Treat yourself** – Don't deprive yourself from the occasional treat. Completely eliminating sweets from your diet can cause cravings that may lead to impulsive binges. Allowing yourself one day a week in which you savor your favorite dessert is the best way to satisfy your sweet tooth while not throwing away all your hard work. If possible, make it a fat-free or low-calorie sugar-free choice.
- **Remember it's a LIFESTYLE change** – Managing your weight does not mean dieting. It has to be a lifestyle change that you commit to. Involve your family and friends in the process too!

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**"Take care of your body.
Its the only place you have to live."**

-Jim Rohn