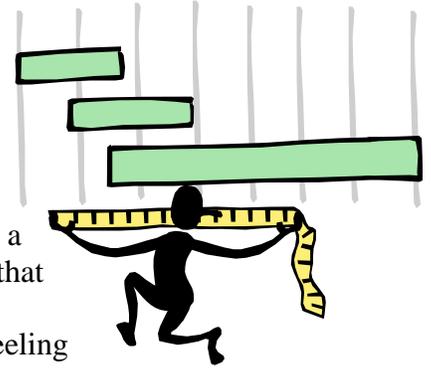


Lifestyle Tips:

Small Changes Add Up



- **Learn to identify true hunger.** Have you ever really thought about what it feels like to be hungry? Does your stomach start to rumble? Your head start to hurt? Your palms get a little sweaty? These are pretty extreme signs of hunger – signals that you may have waited a little too long to eat. What does an empty stomach feel like? Be conscious of the beginnings of hunger (a feeling of emptiness) and use that feeling to decide when to eat.
- **Eat when you are hungry.** Not because you are bored, anxious, tense, not feeling well, etc. Come up with other ways to handle tension, anxiety and stress – like taking a walk around the block. You’ll avoid excess calories AND you’ll increase the energy you burn.
- **Eat slowly.** The best evidence suggests that it takes up to 20 minutes for the brain to begin to receive signals from your gut that you have eaten enough. Eating quickly increases the amount you are likely to eat before those signals have a chance to work. So slow it down!
- **Eat at regular times.** Skipping meals leads to overeating later in the day. Three meals and a couple of snacks a day actually results in lower calorie intake.
- **Stop eating when you are full.** Of course, if you start eating when you are hungry, it must be a good idea to stop when you are full...but what does that feel like? Many people aren’t in touch with any feelings except hungry and stuffed. But guess what – there is a lot of feeling in between. The continuum goes from hungry, to a little hungry, to not hungry anymore, to full and then to stuffed. Take time during a meal to get acquainted with the whole spectrum of feelings.
- **Watch for calories in beverages.** Juice drinks, carbonated beverages, sport drinks, alcoholic beverages, and “entertainment drinks” (like those found in coffee houses) all add extra calories without adding much in the way of nutrients.
- **Start thinking about physical activity as something you do in 10-15 minute time periods.** Research demonstrates that 2 bouts of activity for 15 minutes each is just as effective in improving your risk profile as one 30-minute bout.
- **Choosing active living can mean choosing to have more fun.** Stretching is more fun than sitting. Walking is more fun than sitting. Dancing is more fun than sitting. Being active means having fun.
- **Learn smart ways to eat healthfully in all kinds of restaurants.** Request healthier substitutions (steamed veggies instead of fried) or additions (ask for vegetables with your pasta dishes). Get more for your money by taking home something for tomorrow’s lunch.