

Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

Five Healthy Weight Loss Tips



Losing weight can be a challenging task. There isn't one approach that works for everyone; the key is to find out what works best for you personally. The following tips can help with weight loss and maintaining a healthy weight.

1. **Set realistic goals.** Gradual weight loss is healthy weight loss. Aim to lose one to two pounds per week. Discuss a healthy goal weight with your physician.
2. **Maintain balance.** The key to maintaining weight is to balance calorie intake with calorie output. Weight gain occurs when more calories are being consumed than being burned off. Remember: energy in = energy out.
3. **Plan ahead.** Plan healthy meals and snacks for the week. You'll be less likely to reach for the doughnuts in the break room or run to the vending machine for a candy bar. When grocery shopping, make a list of healthy foods and stick to it.
4. **Find your motivation.** What encourages you to be active? What helps you resist temptation? Find out what helps you stay motivated and reward yourself when you reach your goals.
5. **Stick to it.** Maintaining weight loss can be just as challenging as losing the weight initially. Be sure to make lifestyle changes you can stick with.

*To view article online, visit our Web site at www.marshfieldhealthylifestyles.org.
For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.*

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