

## **Stop, Drop and Live**

Weight gain is a pain, in the you know what! Unfortunately, it has become a huge problem in the United States. The average American adult is 23 pounds overweight. Those extra pounds increase a person's likelihood of developing hypertension, high cholesterol and diabetes.

### **It's time to become educated about your health.**

If you feel like you can't get your weight under control, there are a few things to consider:

**Stop overeating.** Yes, it's easier said than done, but these tips might help:

- Practice portion control. If you are unsure how, visit [www.MyPyramid.gov](http://www.MyPyramid.gov).
- Stop eating once you become full.
- Savor your food instead of gobbling it down quickly.
- Avoid eating while watching TV, driving or when using the computer.

**Drop those extra pounds.** Remember, not eating is actually going to do more harm than good by slowing your metabolism.

- Stay away from fried, fatty foods as well as those with high fructose corn syrup.
- Start an exercise plan. When paired with good nutrition, exercise is a belly-fat buster!
- Eat a well-balanced breakfast that includes some type of fruit, protein and whole grain. A good breakfast will jump-start your metabolism!
- Know your body mass index (BMI). While BMI is a general idea of the ideal weight range for your height, it can also give you some great insight into your health.

**Live for better health.** Health is a fashion statement! Show it off like you would a pair of brand new shoes. A healthier lifestyle:

- Is possible, if you make it a priority.
- Could be what you need to achieve your weight-loss or weight-maintenance goals.
- Will help you combat heart disease, hypertension, diabetes, headaches, asthma and weight problems.
- Often requires support. Look to family, friends or a health professional, depending on your needs.

You can become **A Healthier You™** and a health coach might be able to help. Telephonic health coaching is convenient, confidential and customized to your needs. Call **1-800-851-8091** to speak with a health coach today!