HEALTHY EATING AND PHYSICAL ACTIVITY
TIPS TO SHARE WITH YOUR PATIENTS

Encourage your patients to:

Set goals for weight control
- Identify specific goals for losing excess weight or maintaining a healthy weight.
- List concrete actions they will take to increase healthy eating and physical activity.
- Set sensible weight loss goals, such as losing 5 percent to 7 percent of their body weight over 6 months.

Create a healthy eating plan
- Check out the Government’s tip sheets on healthy eating at the MyPlate website.
- Eat more of these foods: beans, fat-free or low fat cheese and milk, fruits and vegetables, lean meats and seafood, nuts, whole grains (brown rice and oatmeal).
- Limit these foods: breads and pasta made with refined grains, foods with butter or other fats that are solid at room temperature, and sugar-sweetened drinks and desserts.

Be more active
- Do 150 minutes a week of moderately intense aerobic activity (about 30 minutes on most days). Aerobic activity uses large muscle groups (back, chest, and legs) to increase heart rate and breathing.
- Choose aerobic activities that are fun, like brisk walking, dancing, playing a sport, or swimming.
- Build strength with weight lifting or other weight-bearing exercises at least 2 days per week. If weights aren’t available, use books or cans of food to do arm curls.
- Get up and get moving. Sitting for long periods of time may lead to weight gain. Go for a walk or take the stairs, making sure the stairs are well lit.

ADDITIONAL RESOURCES FOR HEALTH CARE PROVIDERS:
Access additional brochures and fact sheets online at http://www.win.niddk.nih.gov/publications