



# 5 POINT CHECKLIST FOR WEIGHT MANAGEMENT

Below are 5 common misconceptions that may lead to gains in body fat:

MISTAKE	ACTION	REASON
 Skipping Meals	<p>Put food in your stomach in the morning, afternoon and evening.</p> <p>No time? Keep healthy choices in your home, office, car or barracks room, e.g., cereal, milk and fruit after exercise in the AM; bring a sandwich and fruit to work if you find yourself missing lunch.</p>	<p>Your body has a great ability to survive:</p> <p>Without food, your body burns calories much more slowly! (Makes it easier to gain weight and difficult to lose weight.) Most people who skip meals overeat at the next meal because they are too hungry.</p>
 Eating Fast Food or Eating Out	<p>Eat less fast food.</p> <p>Eat out less often or eat less when you do eat out.</p> <p>Eat at a cafeteria that has healthier choices such as a salad bar, hot vegetables, and fruit to help balance your meal. Substitute baked beans or a small salad instead of french fries.</p>	<p>It's difficult to eat low fat when eating at restaurants.</p> <p>A double cheeseburger, large fries and large soda, juice or sweet tea provide almost 1800 calories in <b>one meal</b>. This is what many people need in <b>one day</b>.</p> <p>Most restaurant portions are too large and contain too many calories.</p>
 Drinking Beverages with Calories or Alcohol	<p>Drink beverages that are calorie-free. Two 20-oz non-diet sodas per day for 1 week equal the calories in a pound of fat.</p> <p>Cut down or stop drinking alcohol. A 6-pack of beer equals 900 calories.</p>	<p>Beverages with calories are: fruit juice, sports drinks, cappuccinos, sweet tea, not just soda and Koolaid.</p> <p>Liquid calories add up quickly and don't make you feel full.</p> <p>All alcohol is stored as fat.</p>
 Too Little Aerobic Exercise	<p>If your activity is limited, find a safe physical activity to do.</p> <p>Get a pedometer to help monitor the increase your physical movement during the day. Build up to 30 minutes of cardio/aerobic exercise 4 days per week.</p>	<p>Cardio/Aerobic exercise decreases body fat.</p> <p>Build time and distance slowly, and cross train to reduce the risk of injury. If you are uncomfortable exercising, start by walking and increase efforts slowly to build strength and balance.</p>
Eating Past The Point of Fullness or Eating When You're Not Hungry	<p>Relax and eat slowly if you're a fast eater or if you tend to eat quickly.</p> <p>Pay attention to how full you feel while you eat.</p> <p>Stop eating when you feel food in your stomach, but aren't completely full.</p>	<p>Overeating causes weight gain.</p> <p>If you feel "stuffed" or "uncomfortably full", your body is saying, "you ate too much."</p> <p>Fast eaters usually overeat! People gain body fat if they eat when bored or in response to stress.</p>

If your physical activity is limited due to an injury or medical problem, be extra careful about the calories that you are eating: eat fewer sweets and fried foods.