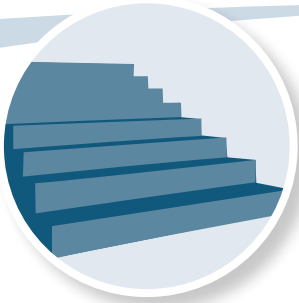


tips

step into your life



Here are some additional tips to be aware of with the program plan.

Drink water.

We recommend you drink at least 64 ounces of water daily. Keep cold water with you at your work station, if possible.



Use technology.

For those who enjoy using apps, check out myfitnesspal. This app allows you to track your calories, has calorie counts for common foods, and has a search function for calorie counts at local eateries. A web site you may find useful is SPARKPEOPLE. It has useful tools, inspirational stories and factoids, as well as personal goal setting tools.

Eat slowly to enjoy eating – eat to live; don't live to eat!

Count to 30 while you're chewing. Put your fork down between bites and wait 30 seconds before your next bite. Stop eating & go away from the table after 30 minutes.

Get moving!

Use your pedometer to build up to a goal – perhaps 2500 steps for a few days, gradually increasing to 5,000, then 10,000. Set realistic goals – if you haven't been active for a while, build up to your goals. Depending on your age and fitness level, you may want to include some weight lifting or balance training. Consider one of our favorite training centers – Aussie Fit over in the Mill Run Center. Contact Chuck Stemm for personal attention and advice.

Count & weigh.

Obtain a reliable scale to weigh yourself, a reliable kitchen scale to weigh your food portions and a reliable calorie counter. Use all 3 on a regular basis until it becomes second nature! Learn to read labels for content – calories, sodium, sugar, portions – all the information you need is on the package.



family medicine and
specialty care services
located in Hilliard