



Tips to Reach and Stay at a Healthy Weight

Tip 4: Add activity! It burns calories

Staying physically active can help you reach and stay at a healthy weight. It makes sense—staying active helps you burn some of the calories you take in. Plus, muscle burns calories, even at rest.

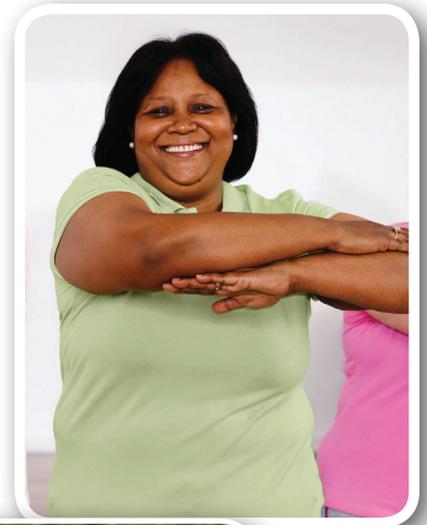
Go to www.choosemyplate.gov to get tips on how you can stay active. You can also learn more about the types and amount of activity you need to get the most health benefits. You're sure to find something you enjoy!

Ways to add activity to your day

Check off the ideas you want to try.

- Hike with your kids or grandkids.
- March in place while you watch TV or videos.
- Ride a bike.
- Take the stairs.
- Try a new sport.
- Walk during your lunch break.

Other ways to add activity:



Adapted from: Eat Healthy Your Way. Top 4 tips for losing weight and keeping it off. OPPHP.
http://www.health.gov/dietaryguidelines/workshops/DGA_Workshops_Wkshp_4_handout.pdf