

Weighty Advice

Learn how to live healthy and get fit

Some say it's easy to lose weight - you stop eating your favorite foods and drop five or ten pounds. But this goes well for about a week, until a friend asks you to go get a snack with her. Wanting to be polite, you agree and plan to just buy a drink. But when you see her rich, ice cream sundae, you give in and think, "Just this once." Eating it makes you feel guilty, but you also remember just how much you've been missing. Once again you slip back into your old ways. And within several weeks you're back to where you started.

Here are a few tips to help you keep those pounds off for good.

- **Being Smart**

Most Americans consume too much fat in their diets. It is best to get no more than thirty percent of your calories from fat. Avoid eating a lot of red meats and fast foods. Be aware of the times when you are most likely to eat junk foods loaded with calories and fat. It is possible that you will want to give up something you enjoy, such as drinking soda - not because it is causing you to gain weight, but because you find yourself eating a bag of chips or a candy bar every time you grab a can of soda. By making minor sacrifices you will reap the rewards of looking and feeling great.

- **The Long Haul**

When you start to lose weight, don't just plan to lose weight so you can be in shape for the summer. Make it a long term decision. Yo-yo dieting can be very stressful. While you are rapidly losing fat, you are also getting rid of muscle. Unfortunately, when you get that weight back, you gain mostly fat. Stop this cycle and determine to get your eating habits on track.

- **Don't Say No Every Time**

It is not realistic to give up all the foods you enjoy. If you are going to splurge at your favorite restaurant for dinner, be sure to prepare for it by eating fruits and vegetables for lunch.

You will find your stress over dieting will begin to diminish as you put these tips into practice. You will feel great about yourself as you begin to get fit and live a healthy life.