

# Lose Weight By Planning Ahead!

## Plan ahead; here are some ideas:

- Set your physical activity and dietary goals.
- Plan your menu for the week.
- Go to the grocery store with a list. Stick to the list!
- Avoid going to the grocery store when you're hungry.
- Fix your plate in the kitchen and bring it to the table to eat. Leave the serving bowls in the kitchen.
- Drink plenty of water throughout the day and with your meals.
- Choose restaurants with healthy options. Avoid "all-you-can-eat" buffets.
- Don't go to a social event on an empty stomach.
- Pack a healthy meal and/or snack for work or travel.
- Make time for physical activity. Ten-minute blocks make a difference.
- Plan a physical activity that you enjoy.
- Look for a physical activity class or group you can join. Find a walking buddy.
- Join local physical activity events in your community.
- Consider activities you can do throughout the day. Take the stairs, park farther away, walk to the store, and clean your home.

