

# Physical Activity

## Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while physically active. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Strive for more steps each day. Use a pedometer for tracking. 7,500 are recommended daily, but it's okay to work your way up.

6

Take the stairs instead of the escalator or elevator. This is a simple and free way to log more steps and burn more calories.

2

Brisk walking is a good form of exercise, and there is no equipment required!

7

Working outside can be good exercise! Try raking your leaves, mowing the lawn, or planting some flowers for a neighbor or at a nearby park.

3

You don't have to belong to a gym to be physically active: walk the dog, play a sport, jump rope, swim, lift weights, walk to work, dance, bike.

8

Keep athletic gear handy, in your car or at work. If a meeting gets cancelled use the extra time to get moving.

4

Sit less! Make it a point to stand up and walk around while you're talking on the telephone at work or at home.

9

Write down exercise goals and post them in a visible place.

5

Need some extra motivation? Play your favorite music while you exercise, or read a book or magazine if you are using a stationary machine.

10

Find a workout buddy, make a workout schedule, and stick to it. This can be a fun way to keep up with friends and motivate each other.

