

10,000 Step-Up Program 2010

Tip 1

Many factors play a part in why people gain weight. Although you may not be able to control all factors that lead to overweight, you *can* change your eating and physical activity habits. And, by changing those habits, you may be able to improve your weight and health.

Eat breakfast every day! People who eat breakfast are less likely to overeat later in the day. Breakfast gives you energy and helps get your day off to a healthy start.

Try a whole-grain cereal like raisin bran with fat-free or low-fat milk, whole-wheat toast with a thin spread of peanut butter or jam.

- low-fat yogurt sprinkled with low-fat granola
- oatmeal with low-fat or fat-free milk, or soy-based beverage
- fruit smoothie made with frozen fruit, low-fat yogurt, and juice
- high-fiber, low-sugar cereal with soy-based beverage or low-fat milk sprinkled with bananas, blueberries or strawberries.



Take the stairs instead of the elevator.

Walk to your coworker's office instead of using the phone or email.

When taking a short break at work get up, stretch, and walk.

Have low-fat, low-sugar snacks on hand at home, work, or on the go to combat hunger and prevent overeating. Try graham crackers, pretzels, baby carrots, or a small amount of raisins or nuts (but remember that nuts and raisins are high in calories).

- low-fat or fat-free yogurt
- rice cakes
- fresh or canned fruits
- sliced vegetables or baby carrots
- dried fruit and nut mix (no more than a small handful)
- air-popped popcorn sprinkled with garlic powder or other spices
- high-fiber, low-sugar cereal



Take a walk at lunch time by yourself, with family, friends, or coworkers.
(Goal = 10,000 Steps per day)

Choose a salad or a grilled chicken sandwich (not fried) instead of a burger at fast food restaurants. If you really want a burger, make it a small one without sauce and pile on the lettuce and tomato. Skip the fries or share them with a friend.

Select a mix of colorful vegetables each day. Vegetables of different colors provide different nutrients.

Dish up smaller servings.

At restaurants, eat only half your meal and take the rest home.

Take a walk after dinner.

Get plenty of sleep.

Sample Menu

Breakfast

½ cup cooked oatmeal
1 English muffin with 1 tablespoon low-fat cream cheese
1 cup low-fat or fat-free milk
¾ cup orange juice

Lunch

2 ounces baked chicken without skin (a little smaller than a deck of cards)
Lettuce, tomato, and cucumber salad with 2 teaspoons oil and vinegar dressing
½ cup white rice seasoned with ½ teaspoon tub or liquid margarine
1 small whole-wheat roll with 1 teaspoon margarine

Dinner

3 ounces lean roast beef (about the size of a deck of cards) with 1 tablespoon beef gravy
½ cup turnip greens seasoned with ½ teaspoon margarine
1 small baked sweet potato with ½ teaspoon margarine
1 slice cornbread
¼ honeydew melon

Snack

2½ cups low-fat microwave popcorn

Balance your meals throughout the day. If you have a high-fat or high-calorie breakfast or lunch, make sure you eat a low-fat dinner. If you know you will be having a high-fat dinner, make low-fat choices earlier in the day.