



# Suggestions for Developing a Healthy, Active Lifestyle

1

Become aware of your body's signals for hunger and fullness.

2

Eat until you feel full or satisfied. If you are full, you don't have to eat everything on your plate; if you are hungry, you can have a second helping.

3

Make time to eat regular meals and snacks, including breakfast.

4

Make eating a sit down activity as often as possible. Give yourself permission to relax and enjoy your meals.

5

Try to avoid the unconscious eating that may take place in front of the TV, at the movies, while reading or standing in front of the fridge.

