

## Weight Maintenance Requires Commitment

You can learn from people who have successfully lost weight and kept it off. Their strategies are easy to understand, but do require planning and work. Make a commitment today to adopt these scientifically proven methods for achieving a healthy body weight.



**Weight Maintenance includes healthy food, activity and a positive attitude.**



The University of Georgia®

For more information go to  
<http://www.fcs.uga.edu/ext/>

Phone: 1-800-ASK-UGA-1

## Maintaining Weight Loss

The University of Georgia  
Cooperative Extension



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# Achieving Weight Maintenance

Maintaining weight loss is not easy. Try these strategies to keep the weight off:

- **Continue to control calories.**

Keep consuming healthier foods and drinks with fewer calories. You can not return to your old eating habits.

- **Be active most days of the week for at least sixty minutes a day.**

Include structured workouts and just being more active like taking stairs, walking to do errands, housework, yard work



and parking farther from the door.

- **Keep a food diary.**

Write down the amounts of food you will consume before you eat. You are more likely to eat less.

- **Weigh often.**

Weigh at least once a week to catch and correct any weight gain early.

- **Continue your weight control program even on weekends, holidays and vacations.**

Make healthy choices all the time. Plan active vacations.

- **Eat breakfast daily.**

You will burn more calories and curb night eating.

- **Limit T.V.**

Have less than 2 hours of leisure screen time per day. This includes computer time.



**It does get easier with practice!**

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