

WEIGHT MANAGEMENT

Simple things you can do every day

BALANCE YOUR FOOD CHOICES

Smaller serving sizes:

- Can help you lower your calorie intake so that you do not consume more calories than you burn.
- Consider using a smaller serving plate, sharing desserts and packing home leftovers if you can't finish your food.

Budget your calories:

- If you choose to have a high-calorie meal, choose a lower-calorie option for your next meal so that your total calorie intake does not exceed your daily calorie allowance.



WATCH WHAT YOU EAT

Choose food & beverages with less sugar:

- Drinking plain water instead of sweetened drinks to quench your thirst.
- Avoid adding too much sugar to tea or coffee.
- Choose food products labelled with unsweetened, less sugar, reduced sugar, or lower sugar.

Increase your fruit & vegetable intake:

- They are low in calories and high in nutrients and fibre.
- Prepare vegetables with healthier cooking methods eg. steaming or stir-fry with less oil!



GET ACTIVE

Recommend at least 150 minutes of moderate-intensity aerobic exercise per week:

- Anything that get your heart rate up and get you breathing harder! Eg. brisk walking & leisure cycling.

Start slow and small:

- To help prevent injuries.
- Can take the stairs instead of elevator, break up your day with short walks by getting off the bus one or two stops before your destination or park your car further away from your destination and walk the rest of the way!



BUILDING STRENGTH

Do muscle-strengthening activities at least twice a week:

- Improve bone and muscle strength
- Contribute to greater muscle mass which boosts resting metabolic rate to help your body burn more calories.
- Eg. hand-held weights, resistance bands and rock climbing walls.



Lastly, studies have also shown that sleep-deprived people tend to experience an increase in appetite, so get a good night's rest each night if you have not been doing so!