

## Make a plan

### Write your plan down:

- What is your goal?
- Where will you add exercise into your day?
- What changes will you make to how you eat?
- What will you do if you slipup?
- Who will help you?
- How will you deal with stress?



## Ask Your Healthcare Provider:

- ✓ What is a healthy weight for me?
- ✓ How do I exercise safely?
- ✓ Will you send me to a nutritionist?
- ✓ Do I need protein with every meal?

**Write your questions down before you go into the office.**

You can have better health by losing weight. Start with a plan to lose 10 pounds. This can give you more energy and help prevent illnesses. Write a plan that includes changing how you eat and adds 30 to 60 minutes of exercise to your day. Talk to your healthcare provider about your plan.

**Change how you eat.**

**Add exercise to your day.**

**Ask for help.**



## WEIGHT LOSS



**What can you do to lose weight?**



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## Why should you lose weight?

### For your health

Losing weight can:

- Lessen the risk of many illnesses by lowering blood pressure and cholesterol
- Help control or prevent diabetes
- Help you sleep better
- Help you breathe better



**More energy for your family!**

### For your life

Losing weight can:

- Give you more energy
- Show your family healthy eating and exercise habits
- Let you try new things
- Make you feel proud of yourself

## Eat better

- Eat breakfast
- Choose healthy foods
- Eat smaller portions
- Eat more vegetables
- Drink more water
- Don't buy unhealthy food



**Make a list.  
Only buy the food on your list.**

## Move more

### Talk to your healthcare provider before starting an exercise program.

- Start with 10 minutes a day. Add more time when you are ready!
- Your goal is 60 minutes most days of the week.

### Exercise at work

- Climb stairs
- Standing Pushups against a wall or desk
- Park farther away and walk
- Go for a walk during lunch

### Exercise at home

- Walk with a friend
- Dance
- Choose a sport activity
- Ride a bike
- Climb stairs
- Jog in place during commercial breaks while watching TV