1) Get in step
   • Begin with short walks and gradually increase your time or distance.
   • Focus on your posture with your head lifted, tummy pulled in, and shoulders relaxed.
   • Warm up at an easy pace for the first several minutes.
   • Stay safe by walking on sidewalks and in well-lit areas.
   • Stop walking and check with your health care professional if you experience pain when walking.

2) In proportion: sizing up healthy eating
   • Set aside small portions of snacks to eat when you have a craving.
   • Use a portioned plate: 1/2 for vegetables or fruits, 1/4 for whole grains, and 1/4 for proteins.
   • Think of reducing, rather than cutting out, your favorite foods.
   • Establish regular mealtimes to avoid overeating later in the day.
   • Pre-portion your servings to control the amount by placing a single serving in a container ahead of time rather than eating from the package.

3) Eating together with family and friends: dining without counting calories
   • Substitute healthy alternatives like foods that are steamed or baked instead of fried.
   • Enlist family and friends to support you in making healthy choices.
   • Share an entrée with a friend at a sit-down restaurant.
   • Research the restaurant to give yourself the best options for ordering.
   • Request your meal to be served without gravy, sauces, butter, or margarine.

4) On the go: staying healthy away from home
   • Pack nonperishable, healthy snacks.
   • Order water to drink with meals if you are dining out.
   • Take a meal from home to eat on the plane or in the car.
   • Order smaller portions in restaurants.
   • Find times and places to take walks like in the airport or in the hotel gym.

5) Smart shopping: keeping your basket full and fresh
   • Make a list based on meal plans.
   • Shop after a meal.
   • Buy fresh foods when possible.
   • Read nutrition labels for portion size, calories per portion, and saturated fat.
   • Find healthy replacements.