



TAKE A STEP TODAY

#1: Know if you are normal weight, overweight or obese

Body Mass Index (BMI) is a reliable indicator of body fatness for most people. BMI is calculated from your weight and height. $BMI = \text{Weight in kilograms} \div (\text{Height} \times \text{Height in metres})$. A BMI of 18.5 and above is normal. A BMI of 25 and above is overweight. A BMI of 30 and above is obese. Overweight and obesity are related to serious health problems. Take a step today to lose weight.



#2: Get at least 30 minutes of physical activity per day

Regular physical activity helps reduce your risk for many diseases including cardiovascular disease, type 2 diabetes, colon & breast cancers, and osteoporosis. It also helps to control weight and contributes to healthy bones, muscles, and joints. If you don't have time, break up your physical activity into 10-15 minute sessions — for a total of 30 minutes per day.



#3: Eat less harmful fats

Saturated and trans fats are harmful kinds of fats. They can increase your risk of heart disease. Saturated fat is most often found in animal products such as red meat, poultry, butter and whole milk. Other foods high in saturated fat include coconut and palm oils. Trans fat is commonly found in commercial baked goods (crackers, cookies and cakes) and in fried foods (doughnuts, french fries, chips). Shortenings and some margarine also are high in trans fat.



#4: Eat a variety of fruits & vegetables everyday

Fruits and vegetables are critical to promoting good health. They contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy. Just remember to cook your vegetables without added fat.



#5: Drink water

Water is essential for our bodies. It is contained in every cell, tissue, and organ. Water contains no calories unlike sweetened drinks and juices. Drinking water throughout the day and before a meal helps control your appetite and weight. Add some lemon juice, mint or fresh fruits to flavour your water or try sparkling water.



TAKE A STEP TODAY

6. Don't skip breakfast.
7. Don't take second helpings.
8. Don't eat late at night.
9. Don't skip meals but eat smaller portions.
10. Use fat free or low fat milk instead of whole milk.

DON'T

11. Eat half your dessert.
12. Use smaller plates.
13. Share an entree with a friend.
14. Snack on fruits and vegetables.
15. Take some fruit to work. Have an apple with your lunch and some raisins at snack time.
16. Snack on low-fat or fat-free yogurt. Try it as a dip for fruits and vegetables.
17. Eat lean meat and chicken. Replace meat with beans and lentils as your source of lean protein.
18. Choose foods and drinks that do not contain added sugar and sweeteners.
19. Choose low sodium, or no-salt added versions of foods when available.

EAT

20. Choose a physical activity that you enjoy and fits into your daily life.
21. Ask a friend to exercise with you.
22. Exercise with a video if the weather is bad.
23. If you find it difficult to be active after work, try exercising before work.
24. Take a walk or do desk exercises instead of a cigarette or coffee break.
25. Take small trips on foot to get your body moving.
26. Exercise with your kids 30 minutes a day.
27. Stretch before bed to give you more energy when you wake.
28. Go swimming with your kids.
29. Vary your physical activities to broaden the range of benefits.
30. Stay active in summer. Walk in doors at a mall.

EXERCISE

31. Walk during your lunch hour.
32. Walk instead of driving whenever you can.
33. Take a family walk after dinner.
34. Walk to the mosque instead of driving.
35. Go for a half-hour walk instead of watching TV.
36. Walk briskly in the mall.
37. Park farther from your destination and walk.
38. Walk to a co-worker's desk instead of emailing or calling them.
39. Use the stairs instead of the elevator at work and at the mall.

WALK

40. Grill, steam or bake instead of frying.
41. Trim visible fat from meat and remove skin from poultry.
42. Broil, grill, roast, or poach meat, poultry or fish instead of frying.
43. Know your fats. Use some vegetable oil instead of butter for cooking and baking.
44. Use spices instead of salt. Halve the amount of salt you add to your food.
45. Try brown rice or whole-wheat pasta.
46. Try a green salad instead of fries.
47. Try a new fruit or vegetable.

COOK

48. Try fast food options such as smaller burgers, grilled chicken sandwiches or salads with low-calorie dressings, cups or bags of fresh fruit, low-fat milk, 100% fruit juice and bottled water.
49. Try a main dish salad for lunch. Leave out the salad dressing or use less dressing.
50. Try eating at least 2 types of vegetables with dinner.