

Healthy Adolescents, Healthy Adults

Top 10 Weight Loss Tips For Teens

(NAPSA)—Although according to the American Obesity Association, 30.4 percent of children ages 12 to 19 are considered overweight, 15.5 percent are classified as obese and the prevalence of obesity within this age group has more than doubled over the past 25 years, there is hope.

“The good news is that adolescents can achieve a healthy weight by making simple lifestyle changes,” says Lisa Talamini, RD—vice president, research and program innovation for Jenny Craig, Inc. “And if they maintain these positive eating and exercise behaviors as adults, they can avoid developing high blood pressure and other obesity-related medical conditions.”

Here are some of Talamini’s top tips for teens:

1. Plan to be active every day. Enjoy fun activities with friends such as volleyball, dancing, tennis and biking. A day of shopping at the mall can also burn calories.

2. When you eat out with friends, use the time to get filled in on each other’s news, without “filling out” on food you may not need.

3. Watch your portion sizes and try to make lower-fat/lower-calorie selections. At a fast-food restaurant, pair a small burger with a veggie-packed side salad and lightly drizzle fat-free or reduced-fat dressing on top.

4. Get your groove on (and get a great workout) with “Dance Dance Revolution” on your gaming console. Walk, run and dance to your favorite iPod tunes.

5. Ask your parents to stock your refrigerator with



ready-to-eat fruits, salads and raw veggies. Sliced carrots, celery and green peppers are delicious when dipped lightly in fat-free dip, salsa or low-fat hummus. Replace family-size bags of chips or crackers with 100-calorie snack bags for instant portion control.

6. Trade calorie-rich sports drinks, sugary juice drinks and sodas for zero-calorie flavored waters and diet sodas.

7. Avoid the temptation to look like fashion models or popular actresses who may be at unrealistic body weights. Find a healthy weight range that works for you and celebrate the unique, beautiful body that you have.

8. Eat “across the rainbow” of colorful fruits and vegetables for a wide variety of health-enhancing nutrients.

9. Small changes can reap big results. If you eat 100 fewer calories every day, you could lose 10 pounds in a year.

10. Don’t think of what you’re doing as “dieting.” Instead, view it as creating positive eating and exercise behaviors that can help you develop a healthier, happier lifestyle.

For more healthy eating and exercise tips, visit www.jennycraig.com.