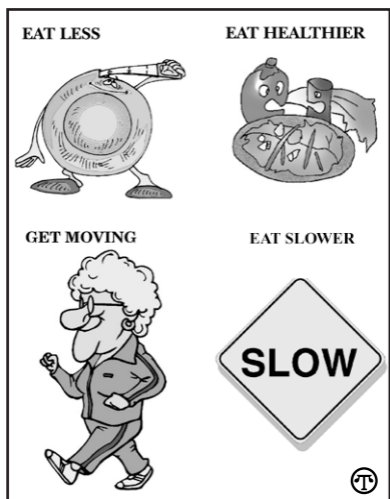


# health hints

## Seven Tips To Eat Less And Move More

(NAPSA)—“The Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity” recently reported that six out of every ten adults in the United States are now overweight or obese. As weight increases, so does the risk for heart disease. Here is some practical weight loss advice from the National Heart, Lung, and Blood Institute (NHLBI).



### How to Eat Less

**1. Use smaller plates.** We eat most of what is on our plate, no matter what the size. Smaller plates mean smaller portions.

**2. Share an entrée.** Portions are often super sized and enough for two or more people to share. More for your money is not always better for your health.

**3. Drink up.** Eight glasses (8 oz. each) or more of water or other non-caloric beverages daily fills you up and keeps you refreshed.

**4. Eat your fruits and vegetables.** Vegetables and fruits can help you feel fuller, especially when eaten raw.

**5. Slow down.** It takes 15 minutes or more for the message that we’re full to reach our brains.

### How to Move More

**6. Go thirty most days.** Get at least 30 minutes of moderate physical activity per day, most days of the week, to help burn up extra calories.

**7. Think beyond the gym.** Give yourself credit for the activities that you’re already doing. Common activities such as climbing stairs, pushing a stroller, gardening and walking for 30 minutes all count as physical activity. Just make sure you do enough of them.

Get more practical tips at NHLBI’s “Aim for a Healthy Weight” Web site at [www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm), or call the NHLBI Health Information Center at (301) 592-8573.