

EXERCISE



<http://redraspberrynetones.org/how-to-start-the-exercise-habit-today/>

Exercising regularly is important for maintaining a weight change and good health. Everyone should exercise several times a week. Pick an activity that will get your whole body moving and that you will look forward to. If you like what you are doing, it will be easier to stick with it. Regular exercise trims inches, burns fat, tones muscles, and stimulates your metabolism. This allows you to eat more and avoid gaining weight.

WHEN LOSING WEIGHT, CHANGING YOUR WEIGHT GRADUALLY, IS EASIER TO MAINTAIN. DIETS THAT PROMISE QUICK RESULTS GENERALLY DO NOT LAST LONG. HAVE PATIENCE! LOSING WEIGHT TAKES TIME.

SKIDMORE
C O L L E G E

For More Information please contact Skidmore College Health Services.

Phone: 518-580-5550

[HTTP://CMS.SKIDMORE.EDU/DININGSERVICE/INDEX.CFM](http://cms.skidmore.edu/diningservice/index.cfm)



WEIGHT

Nutritional Information

Skidmore College

TARGET WEIGHT



Your ideal weight does not depend solely on your height. Here are some other factors to take into consideration:

- What is your muscle mass and what is your bone frame size?
- Your body maintains a stable weight based on food consumption, exercise, and genetics.
- What has been your lowest stable weight? What eating and exercise patterns did you have at that time?

Overall, how does your target weight compare to your weight history?

FOOD HABITS

When trying to lose weight, the amount of food you eat is not the only thing to take into consideration. It is also important to address how you behave around food.

- Are you eating the right things in the right amounts? Keep a food journal that includes how your food was prepared.
- Are you skipping meals or not eating for long periods of time? Regularly eating can prevent overeating later.
- Eating slowly is key; eating quickly and with distractions can cause overeating.
- Do you eat at a table or on the run?
- Pay attention to signals your body gives you when you have had enough to eat. Your stomach should feel comfortable and satisfied, not stuffed. We also feel calmer, more alert, and energized.

Set healthy goals for yourself. Having a realistic target can make it easier to be successful. Be proud of the small steps; they will get you to where you want to be.

FOOD CRAVINGS



Skipping meals can cause cravings, so plan a regular meal schedule with at least three meals a day. All foods are okay in the right amount so don't deprive yourself of your favorite foods! If you decide you need a certain food, follow these steps:

- Control your portions. Setting aside a small portion puts you in control.
- Tell yourself it is okay to eat it; this keeps you from feeling guilty later.
- Always remember to enjoy your food and eat slowly!