

# Don't wait another minute. Start moving toward a healthy weight today!

*Healthy Weighs for Life* is a self-paced, online weight management program packed with tips and tools to lead you down the road to long-term weight maintenance and overall good health.



*Healthy Weighs for Life* will teach you:

- Skills to support your weight management goals.
- Basic nutrition and how to eat healthy.
- Healthy cooking, tips for dining out and healthy recipe ideas.
- Meal planning, shopping tips and how to read food labels.
- Exercise basics and fitness planning.
- How to stay motivated, create a drift plan and more!

*Healthy Weighs for Life* is located in the Weight Management section of the Learning Center at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter).

**Don't delay – begin your journey today!**



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# Tips for Healthy Weighs

**Don't skip meals.** When you skip meals, your body senses that food is scarce and it burns fewer calories. By eating small, frequent meals throughout the day, your metabolism stays active and will burn calories at a higher level.

**Fit in fitness.** The Surgeon General recommends 30 minutes of moderate activity most days of the week for good health. You can complete these 30 minutes of exercise all at once or split it up into 10-minute segments to help you fit it into your schedule.

**Eat less fat and sugar.** Fried foods, desserts and other sweets can quickly put you over your daily calorie needs without providing the important nutrients that fuel your body.

**Stay positive.** Having a positive attitude will help you through the challenges of reaching and maintaining a healthy weight. Anticipate slip-ups but don't let them disrupt your weight management efforts. Learn from them and get right back on track.

*Want more healthy tips on weight management?*

*Take our Healthy Weighs for Life online weight management program.*

*See reverse side for details.*



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