

## Guide To Weight Loss Chart– BA011

<p><b>Description</b></p>	<p>◆ Bruce Algra's Guide to Weight Loss Poster is an informative weight loss program that provides a sensible approach to losing weight. A great wall reference for any health class or for those wanting terrific weight loss tips.</p>
<p><b>Details</b></p>	<p>1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides</p>
<p><b>Image</b></p>	 <p>The poster features a central image of a woman on a scale. Surrounding it are several sections with tips:</p> <ul style="list-style-type: none"> <li><b>BURN MORE CALORIES THAN YOU EAT:</b> A combination of eating fewer calories with an increase of physical activity is the most effective and healthy approach to losing weight. Dieting alone, is a short-term tactic without permanent long-term results.</li> <li><b>INCREASE THE AMOUNT OF PHYSICAL ACTIVITY YOU GET:</b> Increasing physical activity is the key to losing weight and keeping it off. The more physical activity you get, the more calories you burn and weight you lose. Exercising for 30 minutes or more of moderate activity on most, if not all days of the week, will produce significant weight loss and health benefits. If you haven't been physically active or 30 minutes is too much, then build up gradually.</li> <li><b>GRADUAL WEIGHT LOSS:</b> Instead of trying quick fix diets, use a long-term approach. A slow, gradual, and long-term weight loss program is the only way to ensure the weight you work so hard to lose stays lost.</li> <li><b>READ FOOD LABELS:</b> Make it a habit to become an avid label reader. Pay careful attention to the number of calories per serving size, calories from fat, and sugars. This allows you to choose foods low in fat, low in sugar, and lower in calories.</li> <li><b>SET REALISTIC GOALS:</b> Losing 1/2 to 1 pound a week is a realistic and healthy goal. Any more is too severe and unsafe. Keep in mind that it takes a reduction of 3500 calories to lose 1 pound of body weight.</li> <li><b>CUT DOWN ON SODAS:</b> Cutting back on the amount of soft drinks and juices you consume can save 100-220 calories for each 12oz. drink. Soft drinks and juices typically have large amounts of sugar and therefore, large number of calories.</li> <li><b>EAT FEWER CALORIES:</b> Cutting back on fat is an easy, and healthy, way to lower the calories you consume. Learn to eat lean meats, fish, low-fat dairy foods and go easy on dressings, sauces and spreads.</li> <li><b>CONTROL PORTION SIZES:</b> Keeping control of portion sizes is very important for weight loss. Your portions shouldn't be "too big or too small". When you over do it and portions are too big you, can easily add a large number of calories that are difficult to burn off.</li> <li><b>EAT PLENTY OF GRAINS, VEGETABLES, AND FRUITS:</b> Grain products, veg. eatables, and fruits are low in fat and high in fiber. These foods can satisfy your appetite without many calories and lower your risk of disease.</li> <li><b>KEEP A DIARY:</b> A food and physical activity diary is an important tool of your weight loss plan. Write down the amounts, kinds of foods, beverages, and calories you eat at every meal each day. Record the type of physical activity, the time of day, length of exercise, and the approx. calories burned. Keeping these records allows you to take a close and honest look at your eating and exercise habits. You can then identify areas you might need to change.</li> </ul>