

Methods for weight control

- Everyone can develop and maintain a weight and body composition that is best for them
- Weight cycling – the cycle of losing, regaining, losing, and regaining weight
- Develop a personal plan that you work toward or through consistently
 - Check your BMI
 - Follow healthful eating guidelines
 - Adjust calorie intake and energy expenditure
 - Engage in moderate to vigorous physical activity 30-60 minutes per day
 - Allow plenty of time
 - Measure progress
 - Use short term goals within the long term goal

Weight Control Paperback

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