



Weight Management

Some people may experience between 3 to 5 pounds of weight gain. That is normal, although not everyone gains weight. Remember, putting on weight for a while is not nearly as harmful as smoking. Here is how you can avoid weight gain:

- Start a daily habit of taking a brisk walk to burn calories.
- Eat your usual food but reduce the portion size.
- Drink low-calorie drinks, or eat sugarless sweets and fruits when you get hungry.
- Get up as soon as you have finished your meal.
- Brush your teeth or use mouthwash immediately after meals.

*Wk 5 Handout
Revised 3/2012*



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