



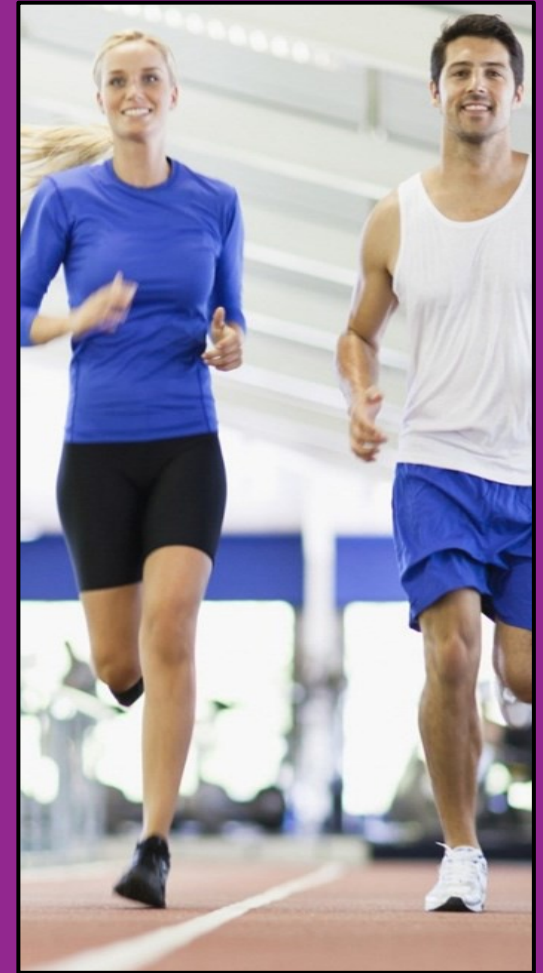
CONNECT WITH A
REGISTERED DIETITIAN
NUTRITIONIST



Conway Regional Fitness Center:
Charity.ashworth@conwayregional.org

Academy of Nutrition & Dietetics:
<http://www.eatright.org/find-an-expert>

University of Central Arkansas:
nroofe@uca.edu



Managing Your Weight

Tips & Resources

Get Moving

Think "nutrient density" when purchasing food and eating out.

Choose a high fiber breakfast to start your day off right-steel cut oats and fresh fruit are a great choice.

Choose low sugar, high energy treats-fresh fruit and raw veggies make great snacks.

Choose water, unsweetened tea and coffee, or 1% milk for beverages .

Choose lean protein sources- skinless chicken ,turkey, lean beef, salmon or tuna (packed in water), egg whites, and quinoa provide high-quality protein.

Choose fresh, frozen ,baked, and grilled over canned or fried.

Get Eating

Get your doctor's permission to start exercising.

Make sure you have supportive shoes and a safe place to exercise.

Start slowly-walking 15 minutes a day is a great place to start with you have not been exercising.

Gradually increase your pace and time.

Find an activity you enjoy- walking ,biking, basketball, swimming ,golfing- anything that gets you up and off the couch.

Locate a trainer in your area to work on specific fitness goals.

Get Support

Join a walking group or sports team in your community.

Take a healthy cooking class.

Get an accountability partner to check in with each week.

Talk with your family and friends about your health needs and goals.