



WHAT IS IT?

Shape Your Future... Your Weigh!™ represents an AF-wide weight gain prevention initiative, designed to increase awareness of “weight creep,” that 1 ½ - 2 pound weight gain often experienced by many people each year.

- ✓ Expand the awareness of “weight creep” among active duty members, leadership and all beneficiaries including reservists, dependents, retirees and civil service
- ✓ Provide multiple strategies to prevent or limit weight gain for optimal mission readiness, fitness and health
- ✓ Empower individuals to achieve and maintain a healthy lifestyle
- ✓ Energize community approach to preventing weight gain

WHAT DOES IT MEAN?

Shape your future sends a positive, empowering, and motivating message. It gives the vision that the individual has the power to ‘get and stay in shape.’ Also, achieving and maintaining a healthy weight will shape an individual’s future by decreasing health risks and enhancing fitness, confidence, and readiness.

Your Weigh! says...

- **Your** weight and maintenance of a healthy weight is important.
- A unique, healthy weight exists for **you**.
- There are many healthful and effective methods **you** can choose to reach and maintain that weight.
- This is all about **you** and the direction **you** want to take!

WHAT’S IN IT FOR ME?

It’s a fact: Weight gain, more specifically, weight creep and being overweight impact your health, fitness, confidence and readiness. Put the brakes on this creep! Many resources available on this base can help you take control...See the reverse of this flyer for these resources as well as tips to prevent weight creep.



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GETTING STARTED

Making a change in your lifestyle can be a challenge, so try these helpful hints to get you started!

- Save calories and switch to water, diet soda, a low-calorie beverage. Water or diet soda substituted for each 12 oz can of sweetened soda you drink will save about 150 calories.
- Ditch your television remote and increase your activity at home. Instead, play ball with the kids or take a walk in the neighborhood.
- At the grocery store, select lower-fat versions of your favorite foods. Balance out high fat options with low fat options.
- Park further away from an entrance and walk the extra distance.
- Slow down and enjoy your food when you eat. Pause between bites. Eating too quickly often leads to over-consumption of food.
- Bring a healthy snack to work each day instead of heading for the vending machine. Healthy snacks might include fresh fruit, low fat crackers, dry cereal, skim milk, fresh vegetables or a low fat muffin.
- Keep a food diary to help budget your food intake.
- Develop an eating schedule to avoid unplanned snacking.
- Take advantage of your free access to the base Fitness Centers or HAWC. Find out hours of operation and programs offered.
- Set a date to exercise with friends or team up with a buddy for motivation. Make it a fun part of your routine!

FOR MORE INFORMATION

Get linked and take a look at these websites!

www.eatright.org **American Dietetic Association** Nutrition, weight management and health fact sheets and information
<http://www.fitday.com> **Fit Day** Free diet and fitness journal, calorie & nutrition counter, and weight loss tracker.
www.shapeup.org **Shape Up America!** Interactive body fat, cyberkitchen and fitness information
www.fitness.gov **The Presidents Council on Physical Fitness and Sports** exercise, fitness and health information and tips.

WHO TO CONTACT

Any questions? Contact your Health and Wellness Center or Dietitian.

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