



Week 8: Here's to the new, healthy you!

Congratulations! You've made it to the last part of Maintain Don't Gain. Over the past few weeks, you've learned to work in workouts, snack healthier, stay calm and balanced, and be social without breaking your diet. So why not keep these healthy habits going? With a little daily effort, you can maintain, not gain - plus work toward new goals - for the new year.

Here are some ways you can keep up the healthy work and keep off the extra weight.

***Rise and shine.** Eating breakfast is a simple way to maintain your weight. Be sure to include protein in your meal so it sticks with you. Try peanut butter and whole grain toast, oatmeal with nuts, or plain yogurt with fruit.

***Go for 30.** Aim to get at least 30 minutes of exercise every day. Try walking with a friend to stay motivated.

***Stay outside.** Shop the outer aisles of the grocery store. It's where you'll find most of the minimally-processed whole foods - like fruits and vegetables, fish, chicken, and low-fat dairy products.

Matt Plummer

Safety and Wellness Coordinator
 Marion County Risk Management
 Salem, Oregon
[503-566-3948](tel:503-566-3948)