

## CREATING YOUR WEIGHT LOSS PLAN

### TRANSCRIPT

To lose weight, work with your healthcare provider to come up with a plan that is right for you. Your plan will include burning more calories with physical activity and eating less calories by making healthy food choices.

You can get physical activity by exercising or increasing your activity during the day. Start slowly when starting an exercise program. Eventually, you will want to do 150 minutes, or 2.5 hours, of moderate activity each week.

Your plan to lose weight will also cut down on the amount of calories you eat by making healthy food choices. Less calories in means less calories to burn. The best choices are foods low in calories but high in nutrients, giving your body all it needs to stay healthy.

Monitor your progress by keeping a food and exercise diary, or track it in an app. Tracking your activity and the food you eat can help keep you on track and will become part of your daily routine. Logging how much you walk, and everything you eat, can really help to make you think before you eat that extra cookie or skip your exercise.

*"It's very easy if I don't track it to eat more than I should, or go 'well, you know, that piece of candy at work that's not a problem, but three of them are the problem.' And if I'm tracking it, it really shows up."*

Bring any logs with you to your healthcare appointments. Work with your healthcare provider to create a plan. Following your plan will help you get on the right path to losing weight.