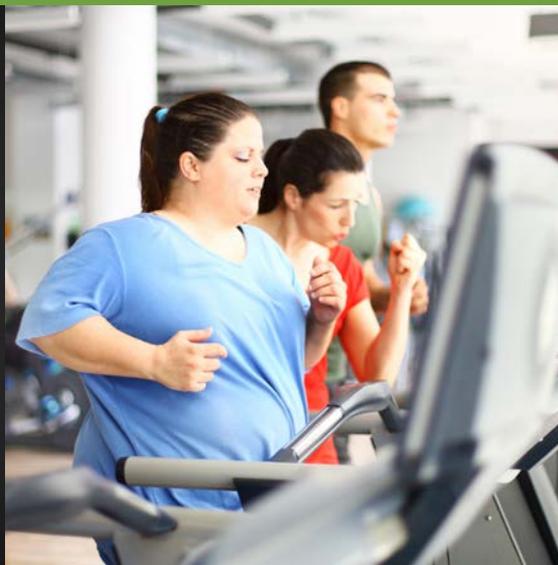


Tips for Losing Weight and Keeping it Off

Strategies to help manage healthy eating and activity





Introduction

Evaluating incentives and strategies

The University of Pennsylvania Prevention Research Center conducted a study to test strategies to achieve weight loss and maintenance of weight loss in obese employee populations.

Much of the information presented in this toolkit came from Penn's Healthy Weigh Study, an innovative test of the relative effectiveness of environmental strategies and financial incentives on weight loss and maintenance.

The study evaluated whether financial incentives and environmental strategies, separately and together, helped to achieve initial weight loss and maintenance of weight loss in obese urban employees in Philadelphia.

This study aimed to prevent obesity by improving nutrition and physical activity, and to reduce the risk of cardiovascular disease.



Tips for successful weight loss

This toolkit can help you and your organization promote a healthy lifestyle among the people in your community.

The tips were gathered from several popular sources that promote a healthy lifestyle.

On the pages that follow, you'll find an overview of how we used these strategies in our study and we'll provide suggestions on how they can be helpful tools for your efforts.





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Tips and tools to help promote healthy eating and physical activity for weight loss





Project Overview

The Study

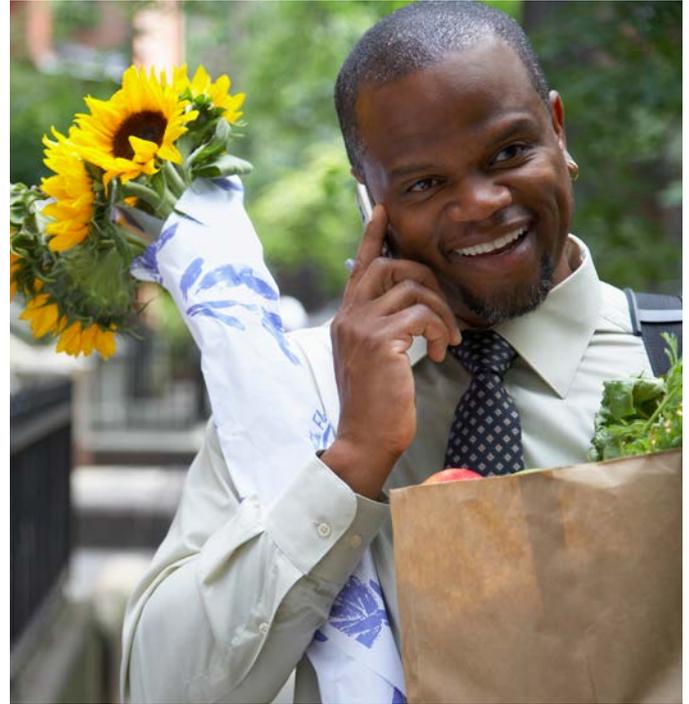
The Healthy Weigh study tested the comparative effects of two different strategies for weight loss, used alone and in combination, in employees at three large organizations. The study compared these strategies to a 'usual care' approach where the participants were only monitored over time (that is, a "control group").

Customized Strategies & Tips

Half the participants in the study received messages suggesting ways to promote healthy eating and physical activity by changing their personal environments. The messages were delivered through mobile and website-based communication channels. For example, the environmental strategies that were suggested involve behavioral prompts and suggestions to organize one's physical and social environment to support successful weight loss efforts.

Even though most of the worksites did not have in-house cafeterias or on-site fitness facilities, there were opportunities to change the environment around their workplace, at home, or near their homes.

Healthy eating environmental change strategies were intended to guide participants in identifying environmental influences on excess food intake and inadequate physical activity. They are also used to make environmental modifications easier for participants to implement in their worksites and in the area around worksites. For example, worksite-based strategies for healthier eating emphasized identifying healthy vending options, healthy snack access, social environment change, and establishing healthy catering policies for work-based events. In the neighborhood near the worksite, strategies included tools to help workers find healthy choices easily at nearby restaurants. Physical activity environmental change strategies included individually-delivered text message prompts to use stairs, use standing desks, and take walking breaks. For the area near their homes, messages encouraged the use of safe, convenient walking routes and safe bicycling paths.



Customized Messaging

Each participant filled out a survey at the beginning of the study about their home and worksites context and received a customized plan based on their answers.

Environmental strategies (tips, messages) were communicated to participants in the environmental and combined study arms twice weekly during the first 6 months, and weekly during months 7–18. Tips were varied each week to maintain interest and offer a variety of approaches that participants can use. One week after a strategy tip or tool was distributed, a short follow-up question was sent out to participants to indicate their use of the strategies. We calculated the percentage of participants who used each tip, and then ranked our top ten on pages 6-12.

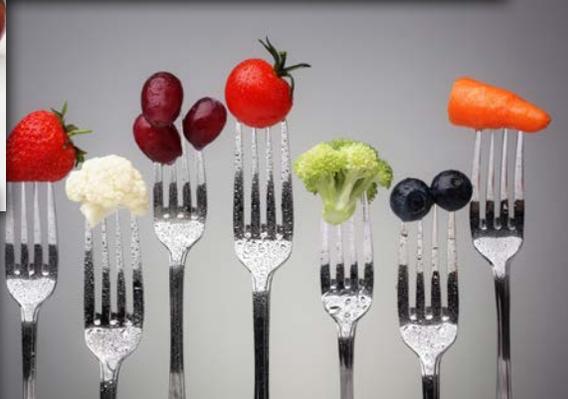
Strategies That Motivate

The Tips

The UPenn PRC has assembled the data collected from the Healthy Weigh study, using an algorithm to determine the most useful tips. We calculated the most popular tips based on how many participants read and used the tip. The top 10 tips of each category were then assembled into the lists on the next eight pages. You will find complete lists of all the environmental strategies starting on page 13.



Weight loss of just 10-20 lbs can improve risk factors and reduce the incidence of diabetes.



Research shows that most people who successfully lose weight will regain 1/3 to 2/3 of that weight after one year.

How to use this guide

- Use these tips in a weight loss or wellness program to motivate healthy eating and physical activity.
- Download and print the pdfs. Hang the tips in a common space for everyone in your organization or worksite to see.
- Use a tip individually, as content on your website and social media channels.
- Share a link to our interactive website on your social channels and website - upennprc.org/research/weight-loss

You'll find healthy tips in the following categories:

- Work
- Dining Out
- Healthy Eating
- Kitchen Changes
- Meals at Home
- Physical Activity
- Portion Control
- Supermarket

At Work

Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while in the workplace. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Bring healthy snacks to work that don't need to be refrigerated. Try nuts, granola bars, whole fruits, and veggies.

2

At work, walk over to speak with a colleague instead of sending an email.

3

Bring your lunch to work, rather than buy. This will save money and help you to plan a healthy meal.

4

Bring your own snacks to work. Try fresh fruit, a small serving of trail mix with nuts or dried fruit, or a power bar.

5

Do not keep a candy dish at your desk at work. Try fruit as an alternative.

6

Try bringing a bottle of water with lemon to work instead of a soda. Soda adds tons of excess calories to your diet.

7

Don't eat lunch at your desk! Use your lunch break to eat in the break room, take a walk outside, or buy a healthy snack.

8

Lunch time? Instead of going out to eat with friends, try taking turns bringing healthy meals from home.

9

Prepare a little extra when making a healthy dinner at home, and take leftovers to eat for lunch at work the next day.

10

Get up from your desk once an hour at work—refill your water bottle, get a cup of tea, walk around the office, talk with a coworker.



Dining Out

Tips for Losing Weight and Keeping it Off

Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while dining out at a restaurant or friend's house. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

When eating out always look for options that are steamed, grilled, or broiled. Avoid fried or sautéed.

6

If you're going to order an appetizer, choose a veggie packed salad. Always ask for dressing on the side and use sparingly.

2

If you have to stop at a fast food restaurant, order a salad with grilled meat. Don't supersize and avoid the "value meal."

7

If you're in the mood for dessert, split one with a friend or family member.

3

Cooking at home, rather than dining out, will save money and calories!

8

Read the salad section of the menu first when dining out and look for indicators for low fat or calorie options.

4

When eating out order water, unsweetened iced tea, or other drinks without added sugar.

9

Watch out for words such as "breaded," "crispy," "fried," and "creamy" on a menu. These words likely mean a high calorie dish.

5

If you're ordering pizza, skip the meat and don't ask for extra cheese. Choose veggie toppings and ask for thin crust.

10

At a party or friend's house, fill up your plate with healthy options first. Try veggies and dip, fruits, salads, and fish or chicken entrees.



Kitchen Changes

Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while in their kitchen at home. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Always keep frozen veggies in your freezer; this will help ensure you have a vegetable dish with every dinner.

2

Keep food in the kitchen or basement for storage. Don't keep food in other rooms of your house like your bedroom or the living room.

3

Remove tempting snacks from your home, or at least keep them out of sight.

4

Make your kitchen a place to cook, not lounge—move the TV, computer, or comfy chairs into a different room.

5

Don't have time to eat before work? Bring a healthy breakfast with you, like two hard-boiled eggs or Greek yogurt.

6

Keep high protein, ready to go snacks available at home like yogurt, hard boiled eggs, and string cheese.

7

Move fruit, veggies, and lean protein (chicken, turkey, tofu) to a shelf that's eye-level in your refrigerator.

8

Replace the candy dish in your home with grapes, berries, or grape tomatoes.

9

Store healthy food items in clear containers or baggies.

10

If you have visible shelves or clear cupboards, put dishes, not food, in these. Food that is out of sight is often out of mind.



Meals at Home

Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while at home and healthy eating in general. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Fill plates at the counter and keep serving dishes/take out containers off the dining table.

2

Avoid eating while you are cooking or preparing food. Try not to cook when you are too hungry.

3

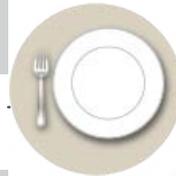
When eating at home, try to keep the lid on serving dishes. Out of sight, out of mind.

4

Takeout portion sizes can be large; serve yourself one portion & pack up excess food immediately. Avoid eating directly from takeout containers.

5

If you've cooked a large portion, pack some up as leftovers before sitting down to eat. This will help you eat smaller portions.



Healthy Eating

1

Keep washed fruit out on your countertop or in your fruit bowl.

2

Make sure half of your plate is full of fruits, veggies, or a salad—even if you go back for seconds.

3

View 10 tips to a great plate by ChooseMyPlate.gov.

Physical Activity

Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while physically active. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Strive for more steps each day. Use a pedometer for tracking. 7,500 are recommended daily, but it's okay to work your way up.

6

Take the stairs instead of the escalator or elevator. This is a simple and free way to log more steps and burn more calories.



2

Brisk walking is a good form of exercise, and there is no equipment required!

7

Working outside can be good exercise! Try raking your leaves, mowing the lawn, or planting some flowers for a neighbor or at a nearby park.

3

You don't have to belong to a gym to be physically active: walk the dog, play a sport, jump rope, swim, lift weights, walk to work, dance, bike.

8

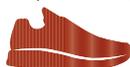
Keep athletic gear handy, in your car or at work. If a meeting gets cancelled use the extra time to get moving.

4

Sit less! Make it a point to stand up and walk around while you're talking on the telephone at work or at home.

9

Write down exercise goals and post them in a visible place.



5

Need some extra motivation? Play your favorite music while you exercise, or read a book or magazine if you are using a stationary machine.

10

Find a workout buddy, make a workout schedule, and stick to it. This can be a fun way to keep up with friends and motivate each other.

Portion Control

Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while eating healthy portions. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Stop eating once you feel satisfied, not once your plate is clear.

2

Don't eat while standing in the kitchen or at a desk, but set a place and sit down while you eat.

3

Use a smaller plate, glass, or bowl to help reduce portion size.

4

Don't snack directly from box or bag, pour out one portion at a time so you are aware of how much you are eating.

5

Pack up one portion worth of snacks in bags or Tupperware to bring with you for a snack on the go. Snack on this instead of fast food.

6

Actively try to eat slower than usual. Using chopsticks instead of a fork may help!

7

Start your meal with a salad or low calorie soup to help fill you up.

8

Use a measuring cup to portion out your food to the proper serving size to get an idea of how much you are eating.

9

Reduce portion size by using a tablespoon (instead of a large serving spoon) to serve food.

10

Use a plate that is a different color than your food, because this can help reduce portion size.



Shopping Changes

Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while shopping at the market. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Ask the food shopper of the household to primarily bring home healthy food and snack choices.

2

Avoid adding products from the supermarket checkout line into your cart or basket.

3

Going to the grocery store when you're hungry may lead to unnecessary or unhealthy purchases. Eat a healthy snack before grocery shopping.

4

At the food store, look for lean (low-fat) proteins such as chicken, turkey, beans, fish, or tofu (instead of red meat like beef or pork).

5

Buy (or ask your household shopper to buy) fruits and vegetables at the grocery/corner store for healthy on-the-go snacks.

6

Only bring home foods from the store that you want you/your family to eat.

7

When you enter the supermarket, head straight to the fruit and veggie section, which is usually along the outside edges of the store.

8

Plan healthy meals ahead of time and shop based on planned list. No time to plan? Check online for examples of a healthy grocery list.

9

In the grocery store, look for skim or 1% milk rather than whole or 2%.

10

If someone else is food shopping for your household, help them plan a healthy shopping list before going to the store.



Complete List of Strategies

Tips to lose weight & keeping it off

Earlier we provided top ten lists of tips that you can use at home, at a restaurant, or at work.

Here you will find the tips have been grouped by category on a single page, for instance, all of the tips that apply to strategies at home (Meals at Home, Kitchen Changes, and Healthy Eating) are on the page “Changes at Home.”

You can use all of the pages together as one packet, or use the individual pages in each setting, appropriate to the category, to motivate your community to reach their weight loss goals.



**CHANGES
AT WORK**

Environmental Strategies for Weight Loss
Tips to promote and maintain weight loss

Use these tips for healthy eating and physical activity at work. We've ranked them by how useful they were to our Healthy Weigh Study participants.

AT WORK

1. Bring healthy snacks to work that don't need to be refrigerated. Try nuts, granola bars, whole fruits and veggies.
2. At work, walk over to speak with a colleague instead of sending an email.
3. Bring your lunch to work, rather than buy. This will save money and help you to plan a healthy meal.
4. Bring your own snacks to work. Try fresh fruit, a small serving of trail mix with nuts or dried fruit, or an energy bar.
5. Do not keep a candy dish at your desk at work. Try fruit as an alternative
6. Try bringing a bottle of water with lemon to work instead of a soda. Soda adds tons of excess calories to your diet.
7. Don't eat lunch at your desk! Use your lunch break to eat in the break room, take a walk outside, or buy a healthy snack.
8. Lunch time? Instead of going out to eat with friends, try taking turns bringing healthy meals from home. IDEAS > <http://www.whatscooking.fns.usda.gov/sites/default/files/featuredinks/WhiteHouseRecipes.pdf>
9. Prepare a little extra when making a healthy dinner at home, and take leftovers to eat for lunch at work the next day.
10. Get up from your desk once an hour at work—refill your water bottle, get a cup of tea, use the restroom, walk around the office, talk with a coworker.
11. If you visit the vending machine, look for healthier options like cereal bars, energy bars or trail mix. Avoid pastries, candy bars and potato chips.
12. If you don't have access to a refrigerator at work, you can still pack a healthy lunch! Bring a small ice pack or an insulated lunch bag to keep food fresh
13. Get more steps each day by using the restroom and water fountain located a floor or two above you at work. Use the stairs!

16. Bring healthy leftovers for lunch in an insulated lunch bag.
17. Have some downtime at work? Follow the link for a list of easy exercises you can do indoors with limited space. <http://www.webmd.com/fitness-exercise/features/exercise-at-your-desk>

PHYSICAL ACTIVITY AT WORK

18. Don't take unhealthy food in your car. Bring healthy snacks like a handful of nuts or fresh fruit, instead
19. Stand, don't sit, while waiting for public transit.
20. Taking the subway or trolley? Use the stairs to get to and from your ride instead of taking the elevator.
21. Make it a habit to park in the farthest spot at a parking lot—this is a simple and free way to burn more calories.
22. Make it a habit to get off the bus, train, subway or trolley one stop early—this is a simple and free way to burn more calories.



UPenn PRC - Tips to promote & maintain weight loss

- **Changes at Home**
Kitchen Changes
Healthy Eating
Meals at Home
Portion Control
- **Changes at Work**
Healthy Eating At Work
Physical Activity at Work
- **Shopping Changes**
- **Changes Dining Out**
Dining Out
Healthy Eating
- **Physical Activity**
Physical Activity
Physical Activity at Work



CHANGES AT HOME

Tips for Losing Weight and Keeping it Off

Strategies to help manage healthy eating and activity

Use these tips for changes at home, including meals at home and healthy eating. We've ranked them by how useful they were to our Healthy Weigh Study participants.

KITCHEN CHANGES

1. Always keep frozen veggies in your freezer; this will help ensure you have a vegetable dish with every dinner.
2. Keep food in the kitchen or basement for storage. Don't keep food in other rooms of your house like your bedroom or the living room.
3. Remove tempting snacks from your home, or at least keep them out of sight.
4. Make your kitchen a place to cook, not lounge—move the TV, computer, or comfy chairs into a different room.
5. Don't have time to eat before work? Bring a healthy breakfast with you, like two hard-boiled eggs or Greek yogurt.
6. Keep high protein, ready to go snacks available at home like yogurt, hard boiled eggs, and string cheese.
7. Move fruit, veggies, and lean protein (chicken, turkey, tofu) to a shelf that's eye-level in your refrigerator.
8. Replace the candy dish in your home with grapes, berries, or grape tomatoes.
9. Store healthy food items in clear containers or baggies.
10. If you have visible shelves or clear cupboards, put dishes, not food, in these. Food that is out of sight is often out of mind.
11. Keep all food, except fruits and veggies, out of sight in cabinets or the fridge.
12. Move unhealthy food into the drawer in your fridge.
13. Don't eat while in front of your TV or computer screen. This could cause you to mindlessly eat more than you're hungry for.
14. Store unhealthy food (like ice cream or potato chips) in a dark container or wrap them in foil.

HEALTHY EATING

1. Keep washed fruit out on your countertop or in your fruit bowl.
2. Make sure half of your plate is full of fruits, veggies, or a salad—even if you go back for seconds.
3. View 10 tips to a great plate by going to ChooseMyPlate.gov.

MEALS AT HOME

1. Fill plates at the counter and keep serving dishes/take out containers off the dining table.
2. Avoid eating while you are cooking or preparing food. Try not to cook when you are too hungry.
3. When eating at home, try to keep the lid on serving dishes. Out of sight, out of mind.
4. Often takeout portion sizes are too large; serve yourself one portion and pack up excess food immediately. Avoid eating directly from takeout containers.
5. If you've cooked a large portion, pack some up as leftovers before sitting down to eat. This will help you eat smaller portions.

PORTION CONTROL

1. Stop eating once you feel satisfied, not once your plate is clear.
2. Don't eat while standing in the kitchen or at a desk, but set a place and sit down while you eat.
3. Use a smaller plate, glass, or bowl to help reduce portion size.
4. Don't snack directly from box or bag, pour out one portion at a time so you are aware of how much you are eating.
5. Pack up one portion worth of snacks in bags or Tupperware to bring with you for a snack on the go. Snack on this instead of fast food.
6. Actively try to eat slower than usual. Using chopsticks instead of a fork may help!
7. Start your meal with a salad or low calorie soup to help fill you up.
8. Use a measuring cup to portion out your food to the proper serving size to get an idea of how much you are eating.
9. Reduce portion size by using a tablespoon (instead of a large serving spoon) to serve food.
10. Use a plate that is a different color than your food, because this can help reduce portion size.



CHANGES AT WORK

Tips for Losing Weight and Keeping it Off Strategies to help manage healthy eating and activity

Use these tips for healthy eating and physical activity at work. We've ranked them by how useful they were to our Healthy Weigh Study participants.

AT WORK

1. Bring healthy snacks to work that don't need to be refrigerated. Try nuts, granola bars, whole fruits, and veggies.
2. At work, walk over to speak with a colleague instead of sending an email.
3. Bring your lunch to work, rather than buy. This will save money and help you to plan a healthy meal.
4. Bring your own snacks to work. Try fresh fruit, a small serving of trail mix with nuts or dried fruit, or an energy bar.
5. Do not keep a candy dish at your desk at work. Try fruit as an alternative.
6. Try bringing a bottle of water with lemon to work instead of a soda. Soda adds tons of excess calories to your diet.
7. Don't eat lunch at your desk! Use your lunch break to eat in the break room, take a walk outside, or buy a healthy snack.
8. Lunch time? Instead of going out to eat with friends, try taking turns bringing healthy meals from home.
9. Prepare a little extra when making a healthy dinner at home, and take leftovers to eat for lunch at work the next day.
10. Get up from your desk once an hour at work—refill your water bottle, get a cup of tea, use the restroom, walk around the office, talk with a coworker.
11. If you visit the vending machine, look for healthier options like cereal bars, energy bars, or trail mix. Avoid pastries, candy bars and potato chips.
12. If you don't have access to a refrigerator at work, you can still pack a healthy lunch! Bring a small ice pack or an insulated lunch bag to keep food fresh.
13. Get more steps each day by using the restroom and water fountain located a floor or two above you at work—and take the stairs!
14. Keep healthy snacks in the fridge at work. Try Greek yogurt, cheese sticks, and fruit or cut up veggies.
15. Scheduling a work meeting? Make it a walking meeting—set a spot to meet and walk for a nice change of pace.
16. Bring healthy leftovers for lunch in an insulated lunch bag.

17. Have some downtime at work? Follow the link for a list of easy exercises you can do indoors with limited space: <http://www.webmd.com/fitness-exercise/features/exercise-at-your-desk>.

PHYSICAL ACTIVITY AT WORK

1. Don't take unhealthy food in your car. Bring healthy snacks like a handful of nuts or fresh fruit, instead.
2. Stand, don't sit, while waiting for public transit.
3. Taking the subway or trolley? Use the stairs to get to and from your ride instead of taking the elevator.
4. Make it a habit to park in the farthest spot at a parking lot—this is a simple and free way to burn more calories.
5. Make it a habit to get off the bus, train, subway, or trolley one stop early—this is a simple and free way to burn more calories.



SHOPPING CHANGES

Tips for Losing Weight and Keeping it Off Strategies to help manage healthy eating and activity

Use these tips for changes when shopping at the supermarket. We've ranked them by how useful they were to our Healthy Weigh Study participants.

SUPERMARKET

1. Ask the food shopper of the household to primarily bring home healthy food and snack choices.
2. Avoid adding products from the supermarket checkout line into your cart or basket.
3. Going to the grocery store when you're hungry may lead to unnecessary or unhealthy purchases. Eat a healthy snack before grocery shopping.
4. At the food store, look for lean (low-fat) proteins such as chicken, turkey, beans, fish, or tofu (instead of red meat like beef or pork).
5. Buy (or ask your household shopper to buy) fruits and vegetables at the grocery/corner store for healthy on-the-go snacks.
6. Only bring home foods from the store that you want you/your family to eat.
7. When you enter the supermarket, head straight to the fruit and veggie section, which is usually along the outside edges of the store.
8. Plan healthy meals ahead of time and shop based on planned list. No time to plan? Check online for examples of a healthy grocery list.
9. In the grocery store, look for skim or 1% milk rather than whole or 2%.
10. If someone else is food shopping for your household, help them plan a healthy shopping list before going to the store.
11. Buy (or ask your household shopper to buy) 100 calorie snack packs at the grocery/corner store for healthy on-the-go snacks.
12. To reduce cravings/junk food purchases, chew sugar-free or mint gum while grocery shopping.
13. Create a healthy grocery list you can use at the grocery store or share with the food shopper for your household.



BRING A LIST!

CHANGES DINING OUT

Tips for Losing Weight and Keeping it Off Strategies to help manage healthy eating and activity

Use these tips for changes for healthy eating when dining out at a restaurant. We've ranked them by how useful they were to our Healthy Weigh Study participants.

DINING OUT

1. When eating out always look for options that are steamed, grilled, or broiled. Avoid fried or sautéed.
2. If you have to stop at a fast food restaurant, order a salad with grilled meat. Don't supersize and avoid the "value meal."
3. Cooking at home, rather than dining out, will save money and calories.
4. If you're ordering pizza, skip the meat and don't ask for extra cheese. Choose veggie toppings and ask for thin crust.
5. When eating out order water, unsweetened iced tea, or other drinks without added sugar.
6. If you're going to order an appetizer, choose a veggie packed salad. Always ask for dressing on the side and use sparingly.
7. If you're in the mood for dessert, split one with a friend or family member.
8. Read the salad section of the menu first when dining out and look for indicators for low fat or calorie options.
9. Watch out for words such as "breaded," "crispy," "fried," and "creamy" on a menu. These words likely mean a high calorie dish.
10. Many restaurants will list calorie information or add a symbol to the menu indicating healthy items. Use this info to help make a selection.
11. At a party or friend's house, fill up your plate with healthy options first. Try veggies and dip, fruits, salads, and fish or chicken entrees.
12. Restaurant portions are often too large. Try ordering an appetizer and a side salad, or share a main dish with a friend or family member.
13. Having a drink with friends? Wine, light beer, or simple cocktails made with club soda or lemon juice are your lower calorie options.
14. Did you know many restaurants allow you to view nutrition information online? Check out the restaurant's website before you go to find the healthiest options.

15. If you are going to a potluck dinner, prepare a healthy dish and encourage others to do the same.
16. Ask the waiter not to bring a bread basket. Or ask them to remove it once you've had one piece.

HEALTHY EATING

1. Keep washed fruit out on your countertop or in your fruit bowl.
2. Make sure half of your plate is full of fruits, veggies, or a salad—even if you go back for seconds.
3. View 10 tips to a great plate by going to ChooseMyPlate.gov.



**ORDER AN APPETIZER
INSTEAD OF A LARGE ENTREE**

PHYSICAL ACTIVITY

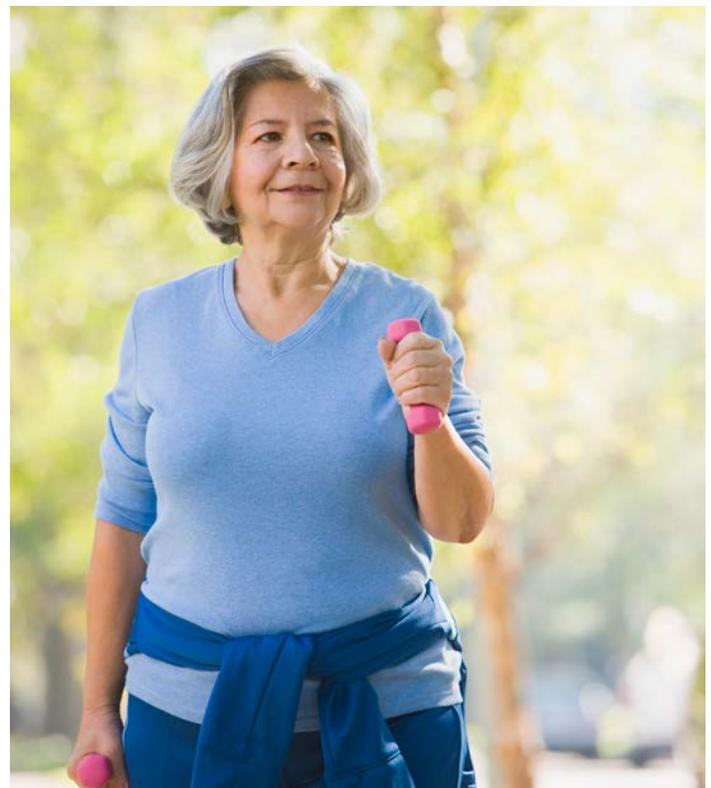
Tips for Losing Weight and Keeping it Off Strategies to help manage healthy eating and activity

Use these tips for changes for physical activity at home and at work. We've ranked them by how useful they were to our Healthy Weigh Study participants.

1. Strive for more steps each day. Use a pedometer for tracking. 7,500 are recommended daily, but it's okay to work your way up.
2. Brisk walking is a good form of exercise, and there is no equipment required!
3. You don't have to belong to a gym to be physically active: walk the dog, play a sport, jump rope, swim, lift weights, walk to work, dance, bike.
4. Sit less! Make it a point to stand up and walk around while you're talking on the telephone at work or at home.
5. Need some extra motivation? Play your favorite music while you exercise, or read a book or magazine if you are using a stationary machine.
6. Take the stairs instead of the escalator or elevator. This is a simple and free way to log more steps and burn more calories.
7. Working outside can be good exercise! Try raking your leaves, mowing the lawn, or planting some flowers for a neighbor or at a nearby park.
8. Keep athletic gear handy, in your car or at work. If a meeting gets cancelled or you're early to an appointment, use the extra time to get moving.
9. Write down exercise goals and post them in a visible place.
10. Find a workout buddy, make a workout schedule, and stick to it. This can be a fun way to keep up with friends and motivate each other.
11. Keep a few water bottles, shampoo bottles, or canned soups next to the TV. These can act as hand weights for use during commercials.
12. Make use of annoying TV commercials! Try sit ups, pushups, jumping jacks or jog in place while you're waiting.
13. Don't use the remote control when watching TV at home. Store it in a cabinet, or somewhere out of sight.
14. Don't take unhealthy food in your car. Bring healthy snacks like a handful of nuts or fresh fruit, instead.

PHYSICAL ACTIVITY AT WORK

1. Stand, don't sit, while waiting for public transit.
2. Taking the subway or trolley? Use the stairs to get to and from your ride instead of taking the elevator.
3. Make it a habit to park in the farthest spot at a parking lot—this is a simple and free way to burn more calories.
4. Make it a habit to get off the bus, train, subway, or trolley one stop early—this is a simple and free way to burn more calories.



SIT LESS!



Resources

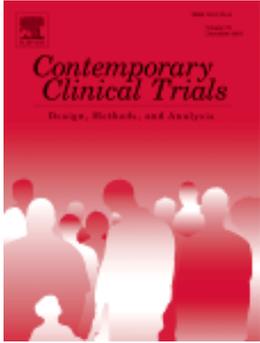
Use the following resources to design your own strategy for weight loss and maintenance.

1. Calories on the Menu: Information for Consumers
<https://www.fda.gov/food/nutrition-education-resources-materials/calories-menu>
2. Why Wellness Programs are Important to Businesses (infographic)
<https://www.webfx.com/data/why-your-company-needs-a-wellness-program/>
3. Your most important Assets aren't your clients; It's your Employees!
Bidgette Hyacynth on LinkedIn
<https://www.linkedin.com/pulse/your-most-important-assets-arent-clients-its-brigette-hyacynth/>
4. View 10 tips to a great plate at ChooseMyPlate.gov
<https://www.choosemyplate.gov/>
5. Make a Great Grocery List in Minutes - WebMD
<https://www.webmd.com/food-recipes/guide/grocery-list#1>
6. Healthy Recipes from the Obama White House
<https://www.eatgathergo.org/wp-content/uploads/2016/10/WhiteHouseRecipes.pdf>





Publications



Glanz K, Shaw PA, Hoffer K, Chung A, Zhu J, Wu R, Huang Q, Choi J, Volpp KG.

[The Healthy Weigh study of lottery-based incentives and environmental strategies for weight loss: Design and baseline characteristics](#), *Contemporary Clinical Trials*, 2019 Jan; 24-30



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<https://www.upennprc.org/research-prc/healthy-way-study-core-research-project/>



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