

## Strategies for Managing Weight

It is not hard to be overweight in America. Every day we face an abundance of delicious food that is easy to obtain not only at restaurants and fast-food places, but also through home delivery and convenient stores. That is the reason that the average American gains one or two pounds a year, the equivalent of eating only 100 to 200 extra calories each day.

The American College of Sports Medicine has three weight management strategies that you can use to help you lose or manage weight. These will help minimize fat gain and optimize desired fat loss without feeling denied or deprived of enjoyable food.

1. Boost your calcium intake. Consuming three or four servings of calcium rich foods such as low-fat milk, yogurt or cheese each day. This can contribute to loss of more fat and less muscle compared to dieters who eat less dairy.
2. Eat breakfast every day. Although skipping breakfast may seem like a good idea for eliminating calories. People who skip breakfast tend to be fatter than breakfast eaters. When people eat a larger than normal breakfast, they end up eating almost 100 fewer calories by the end of the day, an amount that can curb creeping obesity.
3. Eat more fiber and whole grains. Fiber rich foods are satiating. This is the point that feels full, and chooses to stop eating. They also tend to be bulky, which in turn helps you reduce the calorie content. This can be as easy as adding vegetables such as mushrooms, celery and peppers to casseroles. People will consume fewer calories without noticing the difference.

Don't forget another way to manage weight is to exercise. It is recommended to exercise at least 30 to 60 minutes most days of the week. Walking is a good way to exercise.

Walk Across Texas teams are forming. The start date is April 2. You can sign up at [walkacrosstexas.tamu.edu](http://walkacrosstexas.tamu.edu). Complete information and registration information is available there. For questions about weight management strategies or Walk Across Texas, Call 817-598-616.