

Weight Control and Your Surroundings

Your surroundings can often affect what you eat and how active you are. Once you realize how they affect you, take small steps to change them and improve your health.

Try these tips to get started:

Get active. Look for opportunities in your day to add physical activity.

Reduce sugar. Don't let soda or other sweets crowd out healthy foods and drinks.

Make eating its own activity. Mindless eating at work or in front of the TV can pack on the pounds.

Use smaller dishes and containers. Larger ones encourage you to eat more.

Do it together. Family, friends and coworkers can all help each other make healthy changes.



For information on all UT System Living Well weight management programs and resources, visit www.livingwell.utsystem.edu/myweight.htm.

Living Well resources are available to all UT SELECT Medical Plan members, free of charge: Employees, dependents, retirees, surviving spouses, and COBRA participants.