

# Methods for weight control

- Everyone can develop and maintain a weight and body composition that is best for them
- Weight cycling – the cycle of losing, regaining, losing, and regaining weight
- Develop a personal plan that you work toward or through consistently
  - Check your BMI
  - Follow healthful eating guidelines
  - Adjust calorie intake and energy expenditure
  - Engage in moderate to vigorous physical activity 30-60 minutes per day
  - Allow plenty of time
  - Measure progress
  - Use short term goals within the long term goal

# Weight Control Paperback

**L Darling-Hammond**



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