

Mission In Motion

January 2012—Weekly Bulletin
Weight Loss



January 9, 2012—Week 2: Get the 4-1-1 on weight-loss programs

Safe and effective weight-loss programs encourage healthy, balanced eating plans paired with regular physical activity. Plus, these programs should be tailored to your individual needs. When choosing a weight-loss program, look for one that includes:

- Healthy eating plans that reduce calories but do not restrict foods
- Tips to increase moderate-intensity physical activity
- Tips on healthy behavior changes that incorporate your cultural needs
- Slow and steady weight loss (experts recommend losing weight at a rate of one-half to two pounds per week)
- Medical supervision if you are planning to lose weight by following a special formula diet or one that is extremely low in calories
- A maintenance plan to help you keep the weight off

Source: National Institute of Diabetes and Digestive and Kidney Diseases

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

