

Don't Forget About Your Diet

In addition to aerobic exercise, strength and flexibility training, it's important to eat healthy to see the best results during the Shape Up Program. Most experts agree that eating a well-balanced diet low in fat is the key to losing weight. Keep these tips in mind:

Avoid high-fat foods that contain large amounts of calories. Instead, opt for foods rich in protein, vitamins and nutrients.

Monitor your caloric intake. Remembering where you started and how much progress you've made is a great way to stay motivated when times get tough.

Visit the U.S. Department of Agriculture's website to learn more about healthy eating habits that will keep you trim and well.

