

## It's What You Do All Day That Makes You Overweight!

### Overweight People Do This:

- Skip breakfast
- Sit at a desk all day
- Snack on junk food all day
- Always take the elevator or escalator
- Walk around with drinks and food
- Feel physically tired at the end of the day and head for the sofa and TV to relax
- Eat a large dinner late in the evening
- Overexert during infrequent exercise sessions
- Eat midnight snacks
- Stand impatiently at traffic lights and bus stops
- Drink soft drinks when thirsty
- Stand impatiently in store lines
- Not feel hungry until lunchtime
- Sit in one position for hours
- Eat fast food three or four times per week

### Normal-Weight People Do This:

- Eat a healthy breakfast
- Get up every thirty minutes for two to three minutes of moderate activity
- Schedule mid-morning and mid-afternoon healthy snacks each day
- Always take the stairs
- Eat at the dinner table only
- Feel mentally tired and go for a walk or ride a bike to reduce stress and unwind
- Eat a moderate dinner in the evening
- Exercise moderately most days of the week
- Sleep soundly because regular exercise reduces stress
- Shift weight from side to side at traffic lights and bus stops
- Drink water when thirsty
- Perform toe raises or shuffles heels forward while waiting in store lines
- Feel hungry when they wake up
- Stretch at their desk frequently
- Eat fast food once every two week