

For Weight Loss...

Slow Does It



**Lose 2-4 lbs.
per month.**



**Eat at least 3
meals per day.**



**Balance your diet
using the food
pyramid.**
www.mypyramid.gov



**Accumulate 30 to 60
min. of brisk exercise
on most days.**

**Limit fats, sweets, alcohol,
and portion sizes.**



(502) 574-6663
www.louisvilleky.gov/health