

Tens Tips for Long Term Weight Loss

1. Make your commitment for life
2. Choose a plan that make sense
3. Be realistic in what you want to achieve
4. Remember your goals
5. Get support from family, friends or by joining a sensible weight management program
6. Don't deny yourself and be overly restrictive
7. Learn to handle stress without turning to food
8. Don't skip meals or allow yourself to get too hungry
9. Keep a food and exercise diary
10. Keep moving

Please contact KTPH Dietitian at 6602 2420 or YCH Dietitian at 6807 8584 if you have any nutrition related question.

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