

## MAINTAIN DON'T GAIN

### Week 1: Build up your health

Don't forget to  
track your  
progress

When you manage your weight it can brighten your mood and boost your energy. It can also help prevent or lessen your chances of getting weight-related illnesses or long-term conditions. If you start managing your weight now, you'll feel happier and healthier.

Here are some quick tips that can serve as building blocks. Use these to help you create a successful weight management program.

#### Your Tips:

- **Keep on moving**  
Aim to get at least 30 minutes of physical activity every day to reduce your risk of weight gain. Set a reminder to stick with your plan.
- **Add lots of color**  
Eating lots of colorful fruits and veggies has been proven to help with weight management. They're full of vitamins, minerals, and fiber – which help you feel full.
- **Celebrate your victories**  
Start with a small health step, then add another one. Each time you do well, congratulate yourself. Soon, it will get easier to succeed, and you'll have gained a lot of healthy habits!

Adapted from: Kaiser Permanente  
[www.wellness.uci.edu/facultystaff/maintaindontgain.html](http://www.wellness.uci.edu/facultystaff/maintaindontgain.html)

#### Your UCI Resources:

- Help motivate yourself to get more movement in your day. Register for [Step Up](#), log your steps, and earn incentives.
- Shop local. Explore the variety of produce selections at your [local farmers markets](#).
- Try something new and fun this Holiday Season. Take advantage of the many [perks and discounts](#) offered to the UCI Community.



View a past UCI Wellness workshop:  
[Make Vegetables the Main Event](#)



Download a recipe created by UCI Campus Recreation Chef Jessica:  
[Mediterranean Vegetable Stew](#)



Watch a recorded EAP webinar:  
[The Confident You](#)