

## Losing Weight – Common Sense Tips for Seniors

The following tips provide some simple ways that seniors can drop a few pounds without the exertion of daily exercise regimes.

1. After eating a meal, push yourself away from the dining table. Do not stay for seconds!
2. Instead of sitting for that second helping, bag it and have it for a lunch the following day.
3. After supper, close the kitchen. Try to avoid late night snacks.
4. Use stairs whenever possible. This will help improve circulation and is a great form of exercise.
5. Walk as much as possible.
6. Eating out can bring about many impulses. It is important to avoid supersizing any meal.
7. When dining out, take your leftover meal home. Do not feel as though you have to eat everything on the plate. Many restaurants have “senior size” food portions which are smaller than regular and less expensive.
8. When shopping, do not go on an empty stomach. Also make sure to leave unhealthy foods on the shelf.
9. Rely on your will power. It may be difficult to change old habits, but these tips can help lose weight quickly.

Source: <http://home-care-phoenix.carebuzz.com/tips-for-senior-weight-loss>