

For Your Health

Weight Management

At Aetna, we believe there is nothing more important than your health. That's why we're pleased to bring you information to help you take an active role in the management of your health.

Read on to learn more.

At any time, as many as half of all Americans are on a diet (while millions of others think they should be). Even those who manage to lose weight often struggle to keep it off, often because they don't know the answers to successful weight management.

Identifying Food Portions

A typical daily food plan tells you how much of each food you can eat, but you may have to measure and weigh all your foods at first until you can recognize a typical portion by sight.

Besides portions, where and how you eat are important factors. Although triggers vary for different people, they usually have more to do with habit than hunger. If you're an overeater, it's important to figure out the cues that trigger problem eating and then take steps to eliminate them.

Improving Your Eating Behavior

The following is a list of steps you can take to start improving your eating behavior:

- Keep a food diary that includes when, what, where and why you eat. The diary will help you identify your eating triggers and patterns.
- Plan and eat regular meals.
- Eat slowly.
- Have celery and carrots on hand and ready to eat all the time.
- Save foods from regular meals to have as snacks.
- Don't buy "temptation" foods in the first place.
- At home, eat only in one place, in one room. The best place, of course, is the dining table.

- Practice saying "no" to second helpings and offerings of problem foods.
- Avoid boredom eating by keeping reminders of other activities visible. Keep a list handy of things to do besides eating.

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