

## WHAT ARE THE BENEFITS OF CONTROLLING YOUR WEIGHT?

*Small changes can make a huge difference with your health.*

- *Drink a minimum of 64oz of water a day.*
- *Add more variety of vegetables to your diet.*
- *Decrease portion sizes.*
- *Increase activity.*
- *Log what you eat.*



## All About Women

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## Weight Loss Tools:

### My Fitness Pal

[www.myfitnesspal.com](http://www.myfitnesspal.com)

### Lose It

[www.loseit.com](http://www.loseit.com)

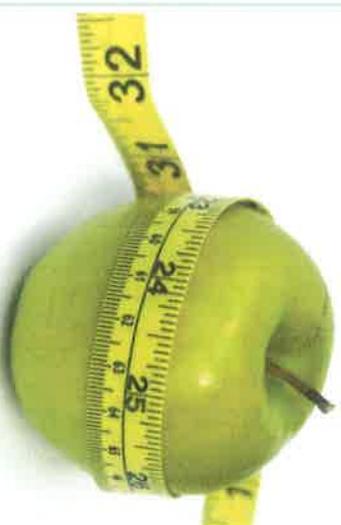
### My Calorie King

[www.mycalorieking.com](http://www.mycalorieking.com)



## Food Journal

To change your health, you must first change your mind.



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