Exercising and being knowledgeable about what you eat is helpful. Excess body fat increases risk of high blood pressure, diabetes and other illnesses. But being too thin or not eating enough can also have inverse effects such as increased risk for osteoporosis, menstrual irregularities and other health problems.

7. IF YOU NEED TO LOSE WEIGHT, DO IT SENSIBLY
Starvation or quick-fix diets usually backfire and may also be harmful. The only safe way to lose weight, feel good doing it, and keeping it off is to cut calories, exercise and eat a balanced diet.

8. CHANGING YOUR EATING HABITS? BEGIN GRADUALLY AND EASE INTO IT
Do not expect to totally revamp your eating habits overnight. Start with moderate changes and work up to positive, lifelong eating habits.

9. BALANCE LESS HEALTHY FOODS, WITH HEALTHIER MEALS
Not every food you eat has to be perfect. It is normal to enjoy a salty or sugary snack, or a high calorie meal when you want, but balance it out with moderate, healthy meals.

10. AND REMEMBER, SUGAR & ALCOHOLIC BEVERAGES CONTAIN CALORIES, BUT ALSO NEGLIGIBLE NUTRITIONAL VALUE Limit your use of both, and drink and eat responsibly!