

# MAINTAINING A HEALTHY WEIGHT



The benefits of maintaining a healthy weight go far beyond improved energy and smaller clothing sizes. By losing weight or maintaining a healthy weight, you are also likely to enjoy these quality-of-life factors:

- Less joint and muscle pain
- Better sleep
- More energy to enjoy the activities you love
- Lower stress on your heart and blood vessels
- Lower risk of developing Type 2 diabetes, heart disease, and some cancers

## What is BMI?

BMI stands for Body Mass Index. It's a simple number based on your weight and height that helps estimate whether you're in a healthy weight range. Remember that it is a helpful starting point in learning about your health. It is best to look at BMI along other health indicators like blood pressure, cholesterol, and waist size.

**To calculate it: BMI = weight (kg) ÷ height (m²). Here's how it is interpreted for adults:**

- Underweight: BMI less than 18.5 | Healthy Weight 18.5 to 24.9 | Overweight: BMI 25 to 29.9 | Obese: BMI 30 or more

## Small Changes Make Big Differences

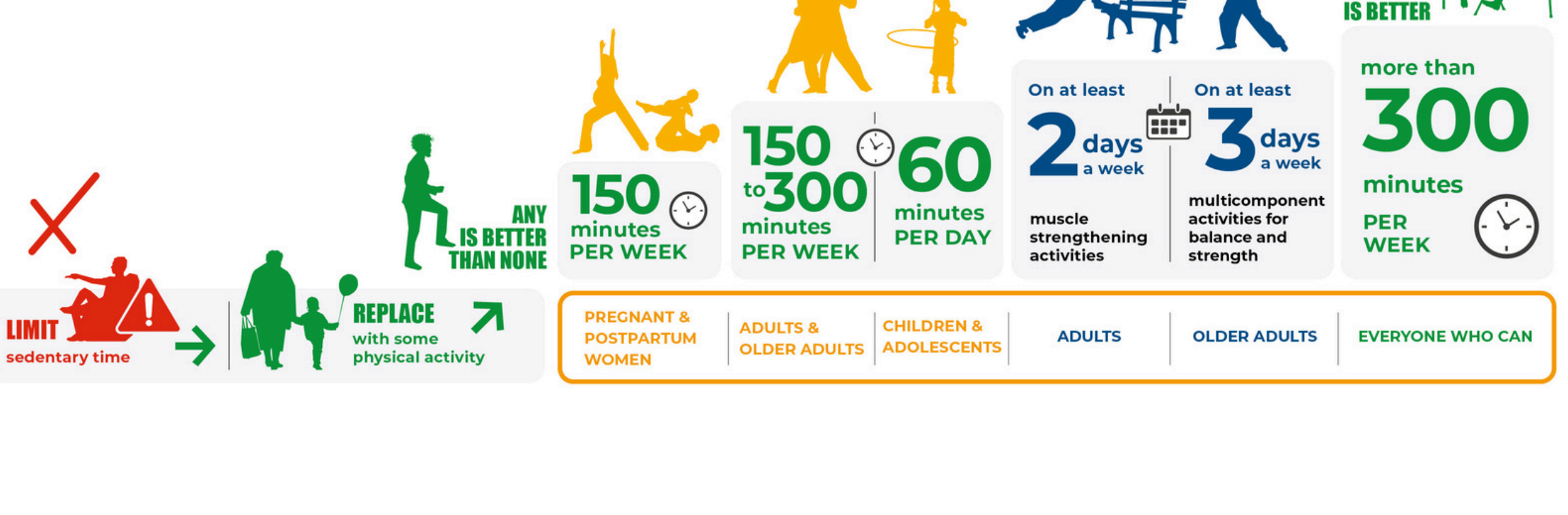
You don't need to lose a huge amount of weight to see health benefits. Losing just 3% to 5% of your body weight—and keeping it off—can lead to real improvements in your health.

**Keep reading on as we have information on:**

- Recommended daily physical activity to get in and stay in shape
- Tips for healthier eating, including local, affordable foods to help you build a more colorful and balanced plate
- The everyday benefits of maintaining a healthy weight, from better sleep to more energy
- Other small changes you can make to empower yourself in your health

## EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



# 5 STEPS TO LOSE WEIGHT AND KEEP IT OFF



## Healthy Habits That Stick

Learning to balance healthy eating and physical activity is one of the most effective ways to lose weight and keep it off for good.

**Take it from people who've done it:**

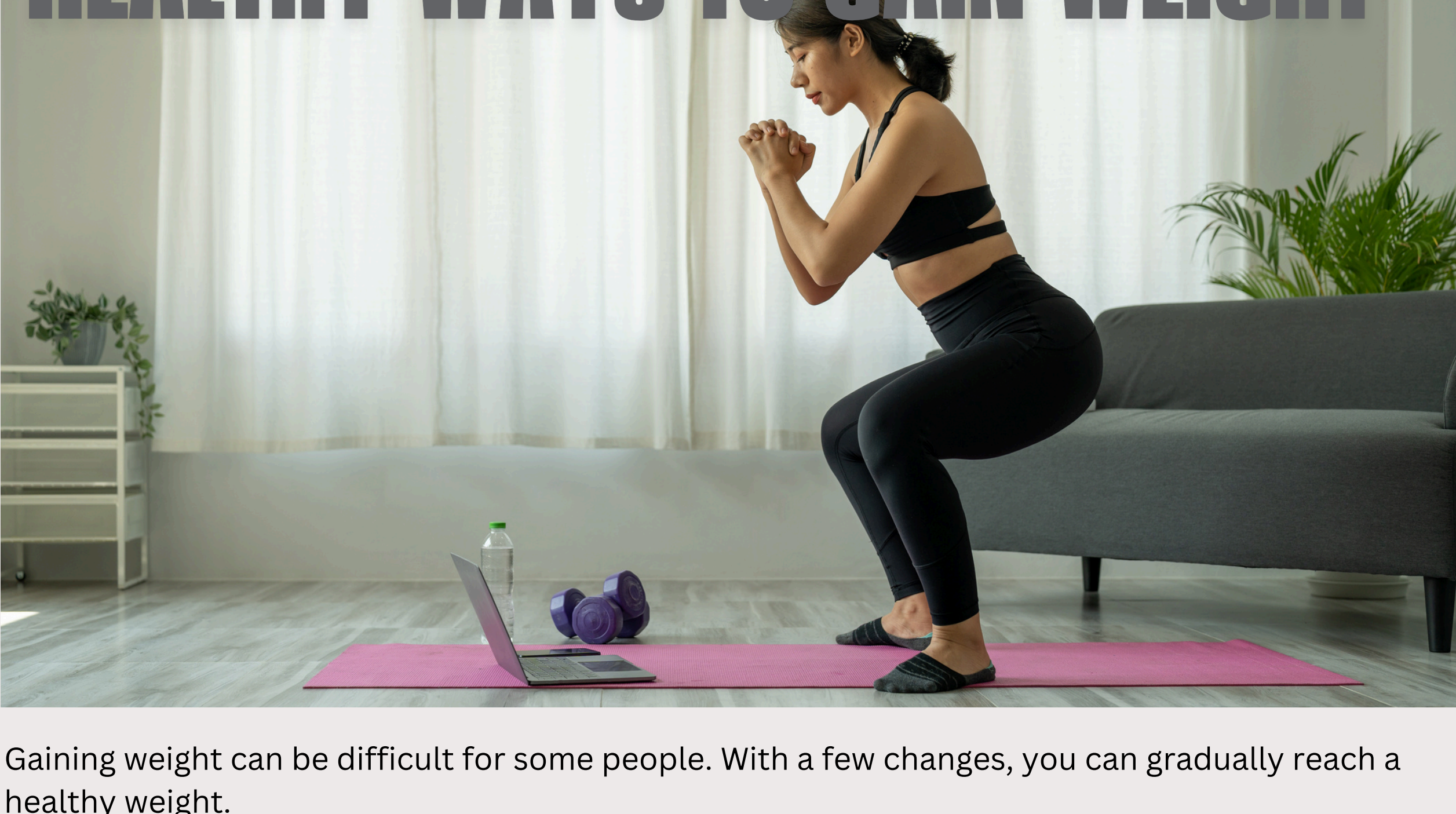
- 98% changed their eating habits
- 94% added more physical activity—especially walking

Here's how you can get started:

- 1. Set realistic goals.**  
Know where you are today so you know how to get where you want to be. Learn your body mass index (BMI). Set yourself up for success with short-term goals, such as ““Over the next 2–3 months, I will build habits to lose 3% to 5% of my body weight and keep it off”. These habits could include swapping sweet tea for water, walking everyday, eating at least one colorful vegetable at lunch, and avoiding second helpings. Short-term goals can seem more achievable and keep you on track toward your long-term goals.
- 2. Understand how much and why you eat.**  
Use a food diary or tracking app to understand what, how much, and when you're eating. Being mindful of your eating habits and aware of your roadblocks can help you get real about your goals.
- 3. Manage portion sizes.**  
It's easy to overeat when you're served too much food. Smaller portions can help prevent overeating. Learn the difference between a portion and a serving and how to keep portion sizes reasonable.
- 4. Make smart choices.**  
You don't have to give up all your favorite foods. Learn to make smart food choices and simple substitutions instead. Discover healthy snacks and how fruits, vegetables and whole grains help keep you fuller longer.
- 5. Be physically active.**  
Physical activity is anything that gets your heart rate up, such as brisk walking. Aim for at least 150 minutes of moderate activity a week. Move more, with more intensity, and sit less.

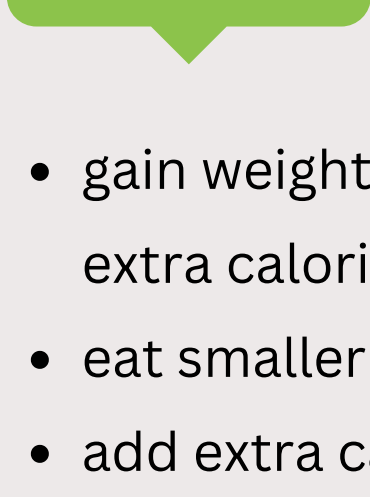


# HEALTHY WAYS TO GAIN WEIGHT



Gaining weight can be difficult for some people. With a few changes, you can gradually reach a healthy weight. Being underweight could mean you're missing out on vitamins and minerals. This could lead to health problems such as a weak immune system and bone fractures.

## Tips to help you gain weight



- gain weight gradually by adding healthy calories – adults could try adding around 300 to 500 extra calories a day
- eat smaller meals more often, adding healthy snacks between meals
- add extra calories to your meals with cheese, nuts, and seeds
- have high-calorie drinks in between meals, such as milkshakes
- have a balanced diet – choose from a variety of food groups, such as fruit and vegetables, starchy carbohydrates and dairy and alternatives
- add protein to your meals with beans, pulses, fish, eggs and lean meat
- have snacks that are easy to prepare, such as yogurt or rice pudding
- build muscle with strength training or yoga – exercise can also improve your appetite



- do not rely on chocolate, cakes and sugary drinks to gain weight
- do not fill up on drinks before eating meals