Having a healthy weight can help you:

- Feel good
- Have more energy
- Set a good example for your family

Being overweight can lead to serious health problems that include:

- Type 2 diabetes
- High blood pressure
- Heart disease
- Some cancers

You can become overweight if you:

- Eat more calories than your body needs
- Are not active
- Have a family history of weight problems
- Have a medical condition or take medications that can lead to overweight

What’s a healthy weight for you?

If you don’t know a healthy weight for you, talk with your health care provider. A dietitian or nutritionist can help you with an eating and exercise plan that’s right for you.

Being active is important for good health. It can help you stay fit and healthy.

- Being physically active is good for your overall health.
- Regular activity is one of the best ways to lose weight and keep it off.
- Find an activity you enjoy so you’ll be more likely to stick with it.
- Start slowly and build up to 30 to 60 minutes of activity most days of the week.
- It doesn’t matter what type activity you do, just move! All movement counts.
- Talk with your medical provider before beginning any exercise program.
Ideas for increasing activity:
• Go for a walk with family or friends.
• Walk around a shopping mall or large department store.
• Play games with your children (i.e. throw a ball, play tag).
• Work in the yard.
• Clean the house.
• Dance – by yourself or with your kids.
• Use an exercise video.

Making healthy food choices:
• Eat smaller portions and avoid second servings.
• Eat fewer fried foods. Bake, broil or boil foods instead.
• Trim fat and skin off meat, fish and poultry.
• Use less fat when cooking. Add flavor with spices.
• Use nonstick pans and pan sprays.
• Look for foods that are a good source of dietary fiber. Fiber can prevent illnesses and help you maintain a healthy weight. Try to get 20-30 grams of fiber per day.
• Eat more fruits and vegetables every day. These foods are high in vitamins and fiber, but low in calories.
• Drink 8 glasses of water every day.
• Choose 100% fruit juices, but limit these to 8 oz. per day.
• Avoid drinks that are high in sugar, such as Kool-aid, sodas, fruit punch and fruit drinks.
• Enjoy fat free or low fat milk, yogurt or other dairy foods daily.
• Eat whole grains daily (whole wheat breads and cereals, brown rice, etc.). These foods are generally good sources of fiber.
• Choose snacks wisely. Try fruits, raw vegetables with dip, whole grain crackers or cereals, low fat dairy (yogurt, ice milk, mozzarella cheese sticks), fruit smoothie, animal crackers or vanilla wafers.
A change that I plan to make to improve my health is ________________

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