



Healthy weight

In a culture where “thin is in,” it can be a challenge to focus on being healthy at any weight.

Healthy weight is not just about weight in pounds. It includes being physically active, eating nutritious foods, and following a mindful and healthy lifestyle.



Persons at a healthy weight have a lower risk for diabetes, heart disease, high blood pressure, and other chronic diseases.

If you are overweight, losing 10% of your weight will help lower your risk for many chronic diseases.
 $(\text{Your weight in lbs}) \div 10 = (\text{lbs to lose 10\% of your weight})$

Not getting enough sleep can change the body's metabolism, making it harder to lose weight. Less sleep leads to less energy to exercise and more time for snacking. Aim for 7 to 9 hours of quality sleep a night.