



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.
(Your weight in lbs) ÷ 10 = (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.