TO REACH YOUR WEIGHT LOSS GOALS:

Eat Healthy
- Eat smaller portions.
- Select a mix of colorful vegetables each day.
- Choose whole grains.
- Go easy on fats and oils.
- Limit added sugars.

Be Active
- Stick with activities you enjoy.
- Go for a brisk walk, ride a bike, or do some gardening.
- Do strengthening activities.
- Get active for just 10 minutes, several times a day. Every little bit counts!

Track your progress
- Keep a food and physical activity diary.
- Be realistic and aim for slow, modest weight loss.

FIND A HEALTHY WEIGHT
Keeping your body at a healthy weight may help you lower your risk of heart disease, type 2 diabetes, and certain types of cancer that can result from being overweight or obese. Take charge of your weight and your health.

For other wellness topics, please visit www.nih.gov/wellnesstoolkits