



# Find your happy weight

## The right weight can help you feel great

Your genes, age, lifestyle habits and even sleep can all affect your weight. Managing your weight can help you be healthier today and for years to come.

Talk to your health care provider about your ideal weight. Being overweight or underweight can both pose a serious health risk. Take steps now to reach and maintain a weight.



### Did you know?

Sudden, unexpected changes in weight — **losing it or gaining it** — can be a sign of health problem.

# Tips for achieving a healthy weight



## Enjoy a variety of healthy foods

- Eat plenty of colorful fruits and veggies.
- Include lean proteins, including plant-based proteins.
- Limit how much sugar and salt you consume.
- Choose healthy, unsaturated fats over saturated fats.



## Stay active throughout the day

- Aim for 150 minutes of moderate activity each week.
- Add 10-minute activity breaks into your daily calendar.
- Find an activity you enjoy so you're more likely to do it.
- Think about finding an activity buddy to help you stay on track.



## Manage your stress

- Look for healthy coping strategies, like finding a hobby.
- Talk to friends and family to recharge your batteries.
- Put some time management strategies to work for you.
- Watch out for unhealthy habits, like emotional eating.



## Get a good night's sleep

- Aim for seven hours of good quality sleep every night.
- Set your room up for sleep — cool, dark and quiet.
- Use the same bedtime routine to cue your body that it's time to sleep.
- Put away your screens and quiet your mind before going to bed.

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