

Keep obesity from gaining on you



With the right plan and attitude, you can lose weight

- **Choose healthy foods.** Such as fruits, grains, vegetables and lean sources of protein.
- **Increase physical activity.** Take the stairs, park further out in the parking lot, ride an exercise bike during TV shows or while talking on the phone, or walk during your lunch hour.
- **Set small goals.** Don't set expectations too high. Take small steps toward your goal and stick with your plan.
- **Track your progress.** Your doctor may recommend a food and activity diary to reinforce good habits and identify behaviors that may need to change.
- **Don't give up.** You may have setbacks along the way, but don't give up! Remember to motivate yourself with healthy rewards.

Losing excess pounds may reduce your risk of:

- High blood pressure
- Cardiovascular disease and stroke
- Diabetes
- Cancer
- Sleep apnea
- Osteoarthritis



These tips are intended as general information only. Please consult your doctor for specific medical advice.



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