

HEALTHY WEIGHT WEEK: IS JAN. 15-21, 2022

According to the Centers for Disease Control and Prevention (CDC), obesity affects more than 40% of Americans, placing them at higher risk for heart disease, stroke, type 2 diabetes, and certain types of cancer. Healthy Weight Week focuses on developing lifestyle changes and habits, rather than popular diets, to achieve results in long-term weight maintenance.¹ Use these tips below to make your plans for a healthier you in 2022!

1 Make exercise fun again!

The CDC recommends 150 minutes per week of moderate physical activity, like brisk walking, or 75 minutes of vigorous activity, like jogging, or a combination of the two.



Try to mix up your routine to make it more fun.

2 Take small steps.

Start small with your exercise plan and then build up. One reason people lose interest in exercising is trying too much in the beginning and getting bored or injured. Go slow and gradually add to your routine.



3 Drink more water.

Thirst is often misunderstood as hunger, and people should be drinking at least 64 ounces (eight 8-ounce glasses) of water a day.



4 Get plenty of quality sleep.

Too little sleep makes dieting much harder because it increases your hunger and appetite, especially for high-calorie, high-carb foods.



5 Remember to relax.

Individuals who battle constant stress may find it difficult to lose weight or even maintain a healthy weight. Practicing yoga or meditation can help relieve stress and make it



possible to maintain a healthy weight.

6 Cut back on alcohol.

Alcohol is one of the unhealthiest things people can consume. People who drink alcohol should limit their intake to no more than two drinks a day for men and one drink a day for women.



7 Eat more fruits and veggies.

Adults are recommended to eat 2½ cups of fruits and vegetables each day. This ensures that the body is receiving all of the nutrients and vitamins it needs.



8 Set a goal.

People who keep the weight off tend to be motivated by more than just being thinner. Focus on a goal that's meaningful to you, and you'll be more likely to keep the pounds off too.



TO LEARN MORE ABOUT MAINTAINING A HEALTHY WEIGHT, VISIT WWW.CDC.GOV/HEALTHYWEIGHT.

To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCES: 1: <https://nutrition.org/asn-supports-healthy-weight-week-january-24-30-2021/>

2: <https://www.nfcr.org/blog/celebrate-healthy-weight-week-in-8-simple-steps/> • 3: <https://www.cdc.gov/diabetes/managing/healthy-weight.html>