

Practice Healthy-Weight Habits



CHALLENGE

Adopt healthy habits to control your weight

Requirements to complete this HEALTH CHALLENGE™

1. Read "Practice Healthy-Weight Habits."
2. Create a plan to maintain your weight, or lose weight if you need to.
3. Keep a record of your completed health challenge in case your organization requires documentation.



How much do you weigh? It's sometimes a taboo question. If you're at a healthy weight, that's great. But if you dread stepping on the scale, or simply avoid it, you're not alone. When Massachusetts resident and busy mom Monique Tello finally stepped on the scale, she was 50 pounds overweight.¹

It happened a little at a time. You know...wake up, get ready for work, fight rush-hour traffic, and grab a quick bite to eat. Then do it in reverse in the afternoon.

After the day is done, crash on the couch with some sweet treats or salty snacks, and binge-watch shows.

Sound familiar?

Monique wasn't making the best food choices. She didn't make time for exercise. And she knew it. She's a medical doctor and communications specialist for a biotechnology company.

If you've gained a few pounds, you've got company. An estimated 74 percent of all adults in the United States are overweight or obese.²

But it doesn't have to be that way. So how do you maintain a healthy weight or lose weight and keep it off?

Here's a hint. Extreme dieting and exercise aren't the answer. Instead, adopting healthy lifestyle habits can improve your health and tip the scale in the right direction.

Ready to get started? Take the month-long health challenge and Practice Healthy-Weight Habits.

Weight-Management Makeover

How much do you know about healthy-weight habits? Take the Weight-Management Makeover Quiz to find out.



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1. Lack of sleep can slow your metabolism and increase hormones linked to weight gain.
2. Whether you eat fast, or eat slow, it doesn't really have an impact on your weight.
3. Drinking water before meals can help fill you up, eat less, and control your weight.
4. Stepping on the scale at least once a week can help you avoid gaining weight.
5. Studies show that people who keep a food diary lose more weight than people who don't.

Check your answers. How did you do? There really are no special diets, magic pills, or workout plans that will help you lose weight or maintain your weight. The best actions to lose weight and keep it off are pretty simple. Eat healthy foods. Be more active. Get enough sleep. And make smart lifestyle choices.

Answers: 1. True, 2. False, 3. True, 4. True, 5. True.

Health Risks of Being Overweight or Obese

"It's fine. I'm fine. Everything is fine." It's a popular meme you might be familiar with. If you're overweight or obese, you might feel OK packing around extra pounds.

But being overweight or obese takes a toll on your health and puts you at risk for things like:³

- Sleep disorders
- COVID-19 complications⁴
- Joint pain
- Heart disease⁵
- Gallbladder, kidney, and liver disease
- Stroke
- Mental health disorders
- Diabetes
- High blood pressure, and more.
- Certain types of cancer
- Breathing problems

If you're already a few pounds heavier than you should be, now is always the best time to take action to improve your health.