

# Weight Management

Lower your risk of developing serious health problems by maintaining a healthy weight—or safely lowering your weight, if you are overweight.

## Maintain a Healthy Weight

Being overweight or obese can raise your risk of developing potentially serious health problems. However, maintaining a healthy weight is often as simple as eating right and getting regular physical activity.

- It's a matter of balance—to maintain your weight, you need to burn as many calories as you take in
- Tip the scales in your favor—to lose weight, you need to use *more* calories than you take in
- To find out where you stand, use the BMI calculator at [www.fedstrive.foh.hhs.gov/\[waiting for hyperlink\]](http://www.fedstrive.foh.hhs.gov/[waiting for hyperlink]).
  - If you are overweight—your BMI is 25 or higher—combining a low-calorie, well-balanced diet with regular physical activity can help you let go of the extra weight.

## Lose Weight

If you find from your BMI that you need to lose weight, remember that healthy weight loss isn't just about a "diet" or "program." The key to success is ongoing lifestyle choices that include long-term changes in daily eating and physical activity habits. Realistic goals with small and consistent wins will bring you back to a weight that is healthy for you.

## Get a Daily Dose of Physical Activity

- Everyone is different, but 30 minutes per day of moderate-intensity activities like brisk walking is a good start for most of us.
- Being physically active has the added benefit of burning calories, which can help with maintaining a healthy weight.

– It adds up! You don't have to do it all in one stretch—ten minutes here, 20 minutes there works well, too.

## Low- and No-Calorie Alternatives

Sometimes all that's needed to lose weight are small adjustments—for instance, making the low-calorie choice of an apple versus a bag of chips for a snack—or making the no-calorie choice of tea or coffee instead of a soda.



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