



When Managing Obesity Lifestyle Matters

If you are obese, losing as little as 5 to 10 percent of your body weight can help to delay or even prevent some conditions like diabetes, heart disease, stroke, arthritis, and some cancers.

Losing that weight, and keeping it off, is not easy, but it can be easier with these tips:



Exercise regularly, with a minimum goal of 150 to 300 minutes of moderate-intensity activity each week, such as fast walking and swimming.



Understand and avoid triggers that lead to overeating. One way is to keep a journal to track what you eat, how much you eat, when you eat, how you're feeling and how hungry you are.



Follow a healthy-eating plan built on fruits, vegetables, whole grains and other low-calorie, nutrient-dense foods.



Be consistent. Sticking to your plan on normal days, weekends, holidays, vacations, and other out of the ordinary days makes it more likely that you will have long-term success.

Sources: U.S. National Medical Library 2019

