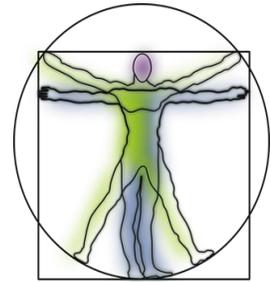


HOW TO BE A HEALTHY YOU

Many things contribute to being overweight, let's look at some of them and then look at what we can do to get to a healthy weight.

Factors for being overweight or obese:

- Genetics
- Metabolism—how your body changes food and oxygen into energy it can use.
- Community and neighborhood design and safety.
- Short sleep duration.
- Eating and physical activity behaviors.⁴



What is a healthy weight?

- A healthy weight is one that falls between the 5th and 85th percentile on the CDC BMI weight-for-age growth charts.
- A healthy weight also means that you have healthy portions of body fat and lean muscle tissue. Having a healthy weight looks different for everyone so a broad range is used for every individual.

If I am overweight or obese, how do I get to a healthy weight?

You can reach and maintain a healthy weight if you:

- Follow a healthy diet, and reduce your daily intake of calories for weight loss.
- Are physically active for at least 60 minutes every day. This includes: transportation (getting to and from places), physical education, sports, free play and planned exercise.²



- Limit the time you spend being physically inactive or not moving much.

Energy balance is important for maintaining a healthy weight. The amount of energy or calories you get from food and drinks (energy IN) is balanced with the energy your body uses for things like breathing, digesting, and being physically active (energy OUT):

- The same amount of energy IN and energy OUT over time = weight stays the same (energy balance)
- More energy IN than OUT over time = weight gain
- More energy OUT than IN over time = weight loss
- To maintain a healthy weight, your energy IN and OUT do not have to balance exactly every day. It's the balance over time that helps you maintain a healthy weight.¹

What are the things I need to do to make sure I am successful at losing weight and keeping it off?

GET HELP! Everyone needs a support system when losing weight, children, teens and adults, so let's make sure YOU have the help you need. Let's look at the essentials for help and success:

- Family support

HOW TO BE A HEALTHY YOU

Good nutrition starts at home, make sure that you have a sit down meeting with your family and close friends to make sure everyone knows about your goals and your nutrition changes so they can help and probably even join you!

- Get a plan

Eat more of these:

Fruits

Vegetables

Lean Meats

Fat free dairy



Eat less of these:

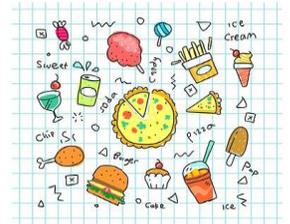
Fast Foods

Microwaveable foods

Cokes and sodas

Cookies

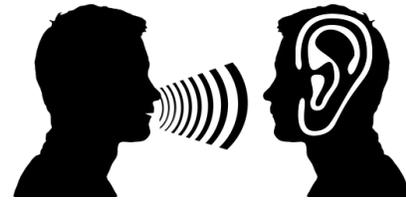
Chips



Having a solid nutrition plan that is done by a professional dietitian or nutritionist will give you the guidelines and the structure to be successful. Look for cooking tips, things you can prepare and eat yourself, and remove all junk foods from your home.

- See a counselor or a therapist if you are depressed, anxious and unhappy or just need to talk to someone.

Changes in lifestyle, especially diet, can be tough on anyone. Having someone to help you identify and concur your struggles, frustrations, worries or fears can really help. Ask your family, doctor or nutritionist if you feel like this would be a help to you.



Remember that weight loss takes time! Sticking to your plan will make you successful!