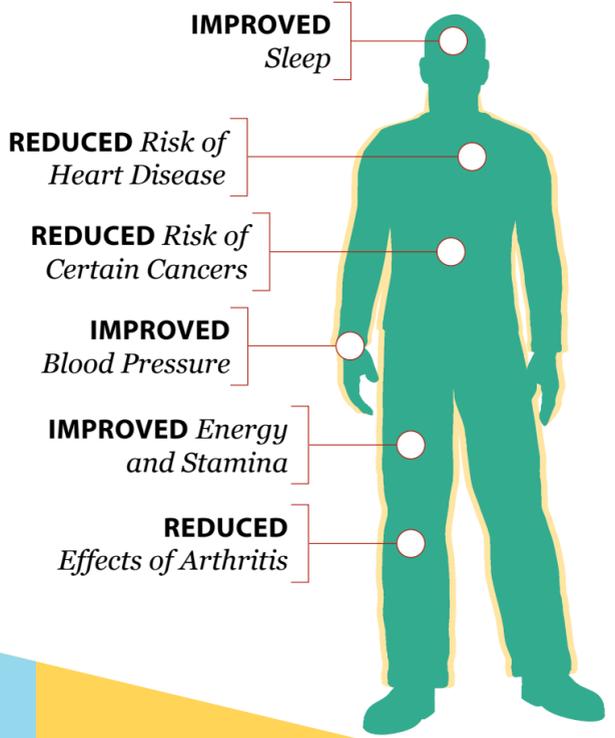


# STRIVE *for a* HEALTHY WEIGHT

## THE BENEFITS

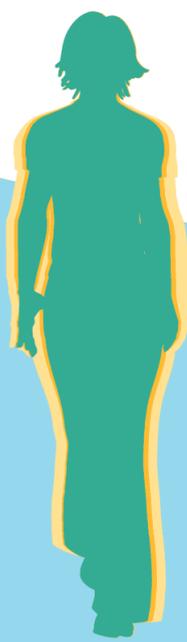
*of Maintaining a Healthy Weight*

You can prevent or control many diseases and conditions.



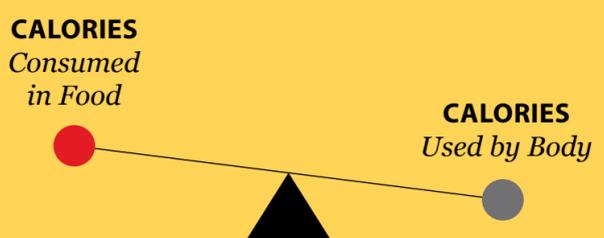
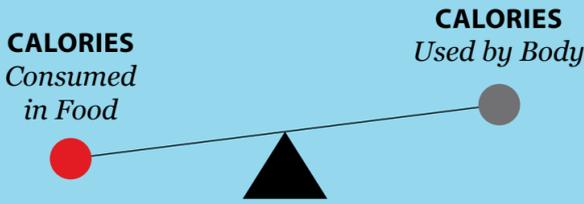
## How We GAIN WEIGHT

If you are gaining weight, you are taking in more calories than your body is using. These extra calories are stored as fat, and you will gain weight.



## How We LOSE WEIGHT

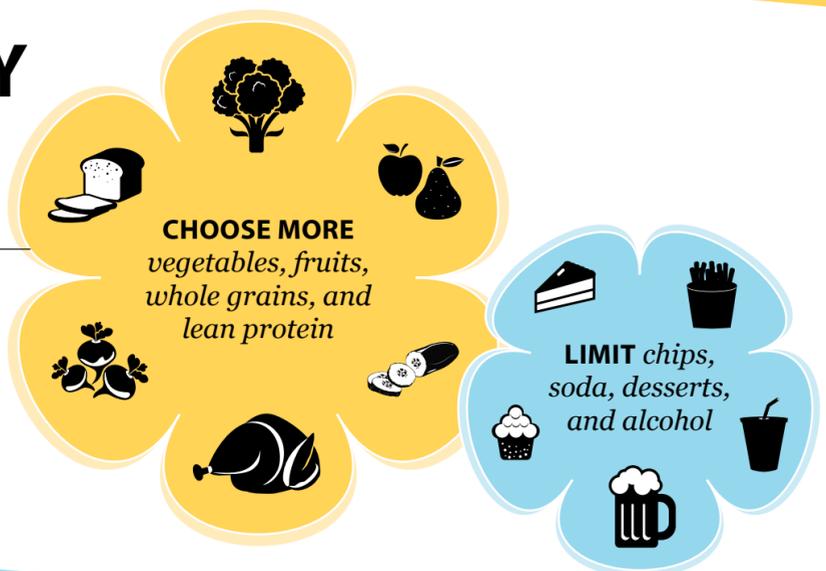
If you are losing weight, you are eating fewer calories than your body is using. Your body is using stored fat cells for energy, so your weight is decreasing.



## EAT WISELY

*to Maintain a Healthy Weight*

Choose a variety of low-calorie, nutritious foods and beverages.

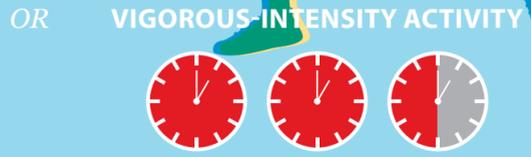
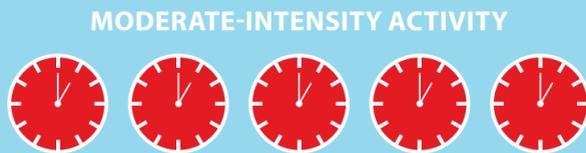


## BE PHYSICALLY ACTIVE

*to Maintain a Healthy Weight*

To lose or maintain weight, increase physical activity to:

- 5 hours (300 minutes) each week of **moderate-intensity** physical activity, or
- 2.5 hours (150 minutes) each week of **vigorous-intensity** physical activity, or
- equivalent combination of both

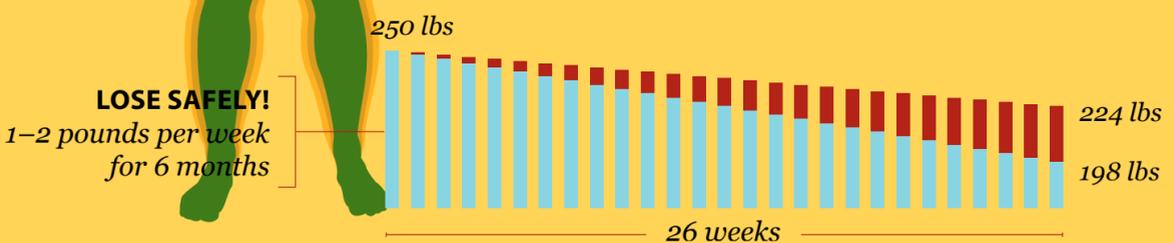


Starting Weight	5% Less	10% Less
150 lbs	142 lbs	135 lbs
200 lbs	190 lbs	180 lbs
250 lbs	238 lbs	225 lbs
300 lbs	285 lbs	270 lbs

## LOSING EVEN A LITTLE

*Will Help Your Health!*

If you lose as little as 5–10% of your current body weight, you can lower your risks for many diseases.



## MAKE GRADUAL LIFESTYLE CHANGES

*to maintain a healthier weight for life!*

[www.move.va.gov](http://www.move.va.gov)