EAT WISELY to Maintain a Healthy Weight

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

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.

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

250 lbs
2 pounds per week: 198 lbs
1 pound per week: 224 lbs

LOSE SAFELY! 1–2 pounds per week for 6 months

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

MAKE GRADUAL LIFESTYLE CHANGES to maintain a healthier weight for life!

www.move.va.gov

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 for energy, so your weight is decreasing.

CHOOSE MORE vegetables, fruits, whole grains, and lean protein

LIMIT chips, soda, desserts, and alcohol

REDUCED Risk of Heart Disease

IMPROVED Blood Pressure

IMPROVED Energy and Stamina

REDUCED Effects of Arthritis

MODERATE-INTENSITY ACTIVITY

VIGOROUS-INTENSITY ACTIVITY