Achieving & Maintaining Your Healthy Weight

Maintaining your healthy weight is vital to feeling and operating at your best. Moreover, being overweight, obese, or underweight poses significant risks to your health and well being. You can achieve and maintain a healthy weight by implementing these essential lifestyle tips:

Know Your Healthy Weight Range

Everyone's body is different. Visit **bit.ly/MyHealthyWeightCDC** to find your ideal healthy weight range.

Stay Active

Try for 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Visit **bit.ly/PhysicalActivityCDC** to learn more!
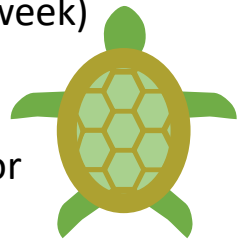
Get Enough Sleep

Studies associate inadequate sleep with excess body weight. Aim for seven or more hours of sleep a night.

Lose Excess Weight Gradually

People who lose weight gradually (about 1 to 2 pounds per week) are more successful at keeping weight off. Visit **bit.ly/LosingWeightCDC** for healthy weight loss tips!

Make a Healthy Eating Plan

Achieving and maintaining a healthy weight is easier with an eating plan that is nutritious and healthful. Visit **ChooseMyPlate.gov** to learn more!

Drink More Water

Unlike sugary and alcoholic drinks, water has no calories, and it can help manage body weight and reduce caloric intake.