

MAINTAIN DON'T GAIN



Week 1: Build up your health

When you manage your weight, it can brighten your mood and boost your energy. It can also help prevent or lessen your chances of getting weight-related illnesses or long-term conditions. If you start managing your weight now, you'll feel happier and healthier.

Here are some quick tips that can serve as building blocks. Use these to help you create a successful weight management program.

- **Keep on moving.** Aim to get at least 30 minutes of physical activity every day to reduce your risk of weight gain. Set a reminder to stick with your plan.
- **Add lots of color.** Eating lots of colorful fruits and veggies has been proven to help with weight management. They're full of vitamins, minerals, and fiber – which helps you feel full.
- **Celebrate your victories.** Start with a small healthy step, then add another one. Each time you do well, congratulate yourself. Soon, it will get easier to succeed, and you'll have gained a lot of healthy habits!

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