

Healthy Weight & Your Health



WHY IT MATTERS

Extra body weight can affect inflammation, hormones, and overall health.



GOOD NEWS

Small changes can make a difference.



EAT WELL



Fruits & vegetables



Whole grains & beans



Water over sugary drinks



MOVE MORE



Short walks



Stay active at home



Start small



SIMPLE HABITS



Choose grilled or baked foods



Limit sugary drinks



Avoid late-night eating



Small choices can support your health over time.