



Maintaining a Healthy Weight

Achieving and maintaining a healthy weight includes healthy eating, physical activity, good sleep and stress reduction.

People who are overweight or obese* may be at increased risk for many serious health conditions compared to those with a healthy weight. These may include but are not limited to:

- High blood pressure (hypertension)
- High cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Certain types of cancer
- Mental illness such as clinical depression and anxiety
- Body pain and difficulty with physical functions

** Overweight is defined as a body mass index (BMI) of 25 or higher. Obesity is defined as a BMI of 30 or higher. Don't know your BMI? Use this easy [BMI calculator](#) to find out.*

DISCUSS YOUR HEALTH WITH YOUR DOCTOR

Remember, small changes can make a big difference! Choose nutritious foods, stay active and prioritize your well-being. Talk to your doctor about a healthy weight plan for you!

TOOLS AND RESOURCES

For additional education, tools and resources, please visit: <https://www.cdc.gov/healthyweight/index.html>
Learn how to eat healthy with MyPlate: <https://www.myplate.gov/>

