

# Health Matters

Healthstat Wellness  
Newsletter



## Healthy Weight

An unhealthy weight can put you on the fast track to obesity-related diseases and conditions such as diabetes, hypertension, certain types of cancer, heart disease and sleep disorders just to name a few. These diseases are serious and can be life-threatening if not treated and managed properly. The best way to avoid any of these obesity-related diseases is to achieve and maintain a healthy weight through lifestyle habits such as healthy diet and regular physical activity.

"Around 70% of adult Americans are considered overweight or obese"

-National Center for Health Statistics (NCHS), 2014



## Healthy Weight

### Control Your Risk Factors

The main risk factors for overweight and obesity are within our control. Although studies have shown that genetics and DNA can play a small role in your chances of being overweight or obese, a healthy lifestyle is the biggest influence in achieving and maintaining a healthy weight.

If you are currently overweight or obese and have high blood sugar, blood pressure or cholesterol, decreasing your weight by as little as five to 10 percent can lead to improvements in your health. That might sound like a lot but for a 200 pound person, five percent weight loss is equal to 10 pounds.

If you are overwhelmed in your weight loss journey, it is best to take things step by step and make gradual changes to your eating habits and exercise routine. This will improve the likelihood of those changes lasting for life.

Your Healthstat clinician is available to help you achieve and maintain a healthy weight. They can help you set realistic weight loss goals and improve your overall health and well-being.

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# Assess Your Eating Habits

The eating habits we create as young children tend to stick with us through our whole life. It takes intentional effort to change any bad habits and replace them with good ones. Fill out the prompt below to identify both good and bad eating habits you have. Highlight the bad habits and then come up with good habits to replace them as well as how you are going to reinforce them.

Reflect:

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Replace:

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Reinforce:

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## Want to Learn More?

Make an appointment with your Healthstat clinician to discuss your eating habits and what you can do to change them.



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