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## 6 Healthy Weight Behaviors

- **Eat well.** Eat balanced meals and consume foods closest to their natural form. Processed and packaged foods have had many of the natural nutrients stripped from them and are empty calories. Aim to eat mostly fruits, vegetables, whole grains, and lean meats.
- **Be active in your own way every day.** Focus on the pleasure of movement and its health and energy benefits—not just calories burned. Don't overdo it, or it won't become a habit. *(If you're not regularly active now, start with 5 minutes a day for the first month, then gradually increase time.)* For most adults, an appropriate level is about 20 to 30 minutes a day for at least five days a week. Avoid long periods of inactivity.
- **Rediscover normal eating.** Eat at regular times, typically three meals and snacks to satisfy hunger. Tune in to your body's internal signals of hunger and fullness—eat when you're hungry and stop when full and satisfied. Enjoy your food. Notice how much better you feel!
- **Relax and relieve stress in your life.** Take time for a daily 10-15 minute relaxation session. Or just empty your mind and let your body go limp for 30-second relaxation breaks occasionally throughout the day. Stress can lead to high blood pressure, chest pain, back pain, indigestion, headaches, insomnia, anxiety, depression, confusion, mood swings, irritability and anger. Listen to your body. Be flexible, relax and go with the flow.
- **Stop dieting.** Avoid making unreasonable weight loss goals, and banish weight-obsessive thoughts. Instead, resolve to be your own best self starting today. Decide it is time to get on with living your life to the fullest.
- **Respect and appreciate size diversity.** Reassure yourself and others that beauty, health, and strength come in all sizes. Promote healthy living at every size. Recognize that size prejudice hurts us all.

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