

MAINTAIN A HEALTHY WEIGHT

- You eat too much when you eat more food than your body uses.
- When you eat too much and do not exercise enough, you gain too much body weight.
- Maintaining a healthy weight is important for you to stay healthy
- There are steps you can take to maintain your weight. They are
 - Limit foods high in fat and sugar
 - Reduce portion sizes
 - Stop eating when you are full
 - Increase activity
- **Maintaining a healthy weight reduces your risk for conditions such as:**
 - Joint problems**
 - High blood pressure**
 - Diabetes**
 - Heart disease**
 - Some cancers**

