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# LET'S MAKE HEALTHY A HABIT

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## WEIGHT MANAGEMENT

Don't wait to lose that weight. A healthier body starts with healthier habits – and making healthy changes is easier than you might think. All you need to do is be a little more mindful of what you eat and how much you move.



### Share your progress

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Want to maintain a healthy weight? Setting goals, tracking progress, and sharing accomplishments can help. Recruit friends in person and on social media to help.



### More H<sub>2</sub>O

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Want to eat healthier? Just add water. Drinking more water can help curb cravings for fatty, sugary, and salty foods and will make you feel fuller.



### Keep it off

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You can lose weight by cutting calories, but to maintain weight loss you have to exercise.\* To reach a healthy weight and stay there, eat smart and be active.

Want more weight management wisdom? Visit [kp.org/weight](http://kp.org/weight) or [facebook.com/kpthrive](https://facebook.com/kpthrive). 

\*Centers for Disease Control and Prevention

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