Healthy weight, happy body

Forget juicing, fasting, and fad diets. Just focus on being healthy and fit. When you eat right and exercise regularly, maintaining a healthy weight can happen naturally.

Fill up with fiber

High-fiber foods fill you up without filling you out. Getting the right amount of fiber a day can help you lose weight, regulate your blood sugar, and lower your cholesterol – all without counting calories.

Make time to move

Cutting calories can help you lose weight, but keeping it off long-term is a different story. Exercise is a must – aim for 200 to 300 minutes of physical activity a week to keep extra pounds you've lost from coming back.*

Rethink your drinks

There's more to maintaining your weight than watching what's on your plate. Calories from soda, juice, and alcohol add up fast. Switch to mostly water to help keep your weight from creeping up over time.

LOOKING FOR MORE WAYS TO KEEP YOUR WEIGHT STEADY?

Visit **kp.org/weight** and follow us **@kpthrive**.

*American Heart Association

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