



American Heart Association.

Healthy for Good™

Life's Essential



# HOW TO KEEP A HEALTHY WEIGHT



## STAY IN THE KNOW

Your doctor or health care team can help you figure out if your weight is healthy for your age and body. A healthy weight helps your brain and heart function better.



## LEARN YOUR BMI

Body Mass Index (BMI) is a number that relates your weight to your height. Optimal BMI is less than 25. Less than 18.5 is underweight. You can calculate BMI online or see your health care professional.



## UNDERSTANDING CALORIES

Calories is how we talk about energy. They are the energy our body gets from foods and what we drink, which it uses for things like moving and breathing. Eating too many calories and not being active enough can lead to weight gain.



## IDEAS FOR WEIGHT MANAGEMENT

- Increase the amount of fiber you eat and the water you drink.
- Add protein to your breakfast. Protein will help you feel full for longer.
- Avoid fast food when possible.
- Read nutritional labels for nutrition and calorie content. Pay attention to the number of serving sizes in each package.



## TIPS FOR SUCCESS



### PORZIONI MATTER

Learn about portion sizes and how much you need to eat to stay healthy.



### GET ACTIVE

Stress can trick your body into feeling hungry or craving unhealthy foods. Exercise can reduce stress.



### EAT SMART

Read food labels for nutrition and calorie content per serving.



### GET HELP

Talk with your doctor or registered dietitian for help with managing your weight.

Learn more at [heart.org/lifes8](https://heart.org/lifes8)