

STAFF WELLNESS AND RESOURCES EVEN MODEST WEIGHT LOSS CAN MEAN BIG BENEFITS



C.A.R.E.

CORRECTION ASSISTANCE
RESPONSE FOR EMPLOYEES



ACCORDING TO THE CENTER FOR DISEASE CONTROL AND PREVENTION:

The good news is that no matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.

For example, if you weigh 200 pounds, a 5 percent weight loss equals 10 pounds, bringing your weight to 190 pounds. While this weight may still be in the "overweight" or "obese" range, this modest weight loss can decrease your risk factors for chronic diseases related to obesity.

So even if the overall goal seems large, see it as a journey rather than just a destination.

You'll learn new eating and physical activity habits that will help you live a healthier lifestyle. These habits may help you maintain your weight loss overtime.

In addition to improving your health, maintaining a lower weight is likely to improve your life in other ways. For example, a study of participants in the National Weight Control Registry found that those who had maintained a significant weight loss reported improvements in not only their physical health, but also their energy levels, physical mobility, general mood, and self-confidence.

ARE YOU READY TO START YOUR JOURNEY TO WEIGHT LOSS AND GOOD HEALTH?