

Sunday Morning

Health Corner

Weight Management

During the busy holiday season, maintaining a healthy weight can be tough, and losing weight can be even tougher. Regular physical activity and reducing one's calorie intake are both needed to lose weight and keep it off.



- Gradual weight loss of 1-2 pounds per week is considered to be the most safe and successful method for losing weight.
- Regular exercise and healthy food choices are lifestyle changes, not temporary solutions to weight loss, such as dieting.
- Adding exercise to your daily routine has many health benefits.
- Pay attention to the serving size and avoid foods high in calories, saturated fat, trans fat, sodium, cholesterol and sugar.

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