



Healthy weight management

Maintaining proper weight is needed to promote good health and quality of life.

- Begin with a strong wellness vision of how you would like your life to be in the future. Set your goals around this.
- Set both long- and short-term goals.
- Keep a growth mindset. Any setbacks are learning experiences.
- Utilize social support strategically.
- Address all main pillars of health behaviors, including nutrition, physical activity, sleep, and stress management.

Example of wellness vision:

“My wellness vision is that I have healthy eating habits and set a good example for my children. I exercise regularly so that I am delaying aging and preserving my ability to function well in my older years. I look better and feel youthful.”

Want to learn more?

Reach out to your Everside Health team for assistance with your weight management program.

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