

LEARN ABOUT

TIPS FOR MAINTAINING HEALTHY WEIGHT



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

Food and Nutrition

The U.S. Department of Agriculture's MyPlate Plan helps you understand how many calories you need each day to keep your current weight. It looks at your age, gender, height, weight, and how active you are every day. The plan also shows how much you should eat from each food group, including fruits, vegetables, proteins, dairy, and grains.

Remember: It's healthier to eat a variety of foods than to cut out a whole food group, like carbohydrates.

Physical Activity

- Kids ages 3 to 5: Should be active throughout the day
- Kids and teens ages 6 to 17: Need at least 60 minutes of fun, active play or exercise every day
- Healthy pregnant or new moms: Need at least 150 minutes of movement a week, like brisk walking
- Adults: Should aim for 150 minutes of activity a week, such as walking 30 minutes a day, 5 days a week
- Adults 65 and older: Should do 150 minutes of movement weekly, plus muscle-strengthening exercises at least 2 days a week, and balance exercises like standing on one foot

Even if you move a lot, you can still gain weight if you eat more calories than your body uses. A healthy life means moving your body, eating well, and watching how much you eat.

Other Things That Affect Weight

- Not getting enough sleep
- Aging
- Some medicines
- Certain health problems
- Your genes (traits inherited from your parents)
- Not having access to healthy foods or places to be active

As people age, they often lose muscle and gain fat, which slows down how fast their body uses energy. Some health conditions, like Cushing's disease or polycystic ovary syndrome (PCOS) can cause weight gain.

Medicines like steroids or some antidepressants can also lead to weight changes. If you think a health problem or medicine is making it harder to stay at a healthy weight, talk to your Primary care physician .