



Boost your spirits by setting a healthy weight goal.

When you're at a healthy weight, you don't just look good on the outside, you feel good on the inside. Losing those extra pounds can help you feel more confident, and you'll have more energy to enjoy life.

It doesn't happen overnight. Start off with simple steps like walking after dinner or taking the stairs at work. Read food labels and take note of serving sizes to help you start making healthier choices when you shop.

The big payoff is in your health. Being overweight is linked to serious health conditions, such as diabetes and heart disease, but losing a few pounds can make a difference. Studies show that losing 5 to 7 percent of your body weight can delay the onset of diabetes.

GET PUMPED

Here are a few steps you can take to lose weight:

Think lean.

Eating less starts with serving smaller portions. Try using a smaller plate so you don't overeat.

Go the distance.

Park at the far end of the parking lot at work or when shopping. Every step counts when it comes to physical activity.

Make a splash.

Drink tap or sparkling water instead of soda or juice. Add fresh lemon or cucumber for zest and flavor without all the sugar.

[Visit **kp.org/weight** to get ideas on how to reach and maintain a healthy weight.](http://kp.org/weight)

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