

# HEALTHY WEIGHT WEEK

It's natural for anyone trying to lose weight to want to lose it very quickly. But people who lose weight *gradually and steadily* (about one to two pounds per week) are more successful at keeping weight off. Healthy weight loss isn't about a "diet" or "program". It's about an **ongoing lifestyle** that includes long-term changes in daily eating and exercise habits.

## EAT HEALTHY

According to the Dietary Guidelines for Americans, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products.
- Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts and seeds.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.
- Stays within your daily calorie needs.

USDA's MyPlate Plan can help you identify what and how much to eat from the different food groups while staying within your recommended calorie allowance.

## MOVE MORE How Much Activity Do You Need?

**MOVE YOUR WAY** Adults need a mix of physical activity to stay healthy.

**Moderate-intensity aerobic activity\***  
Anything that gets your heart beating faster counts.

at least **150** minutes a week

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.

at least **2** days a week

AND

If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.  
If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

DEPARTMENT OF HEALTH & HUMAN SERVICES USA

## RESOURCES

- [Healthy Weight, Nutrition, and Physical Activity](#)
- [Move Your Way Fact Sheet](#)
- [Myths about Nutrition & Physical Activity](#)
- [MyPlate](#)
- [What is a Healthy Weight?](#)
- [ActiveHealth Management Weight Management Program](#)

**WORKING FOR A HEALTHIER TN**

