

# Take control of your weight

## Fight back against obesity

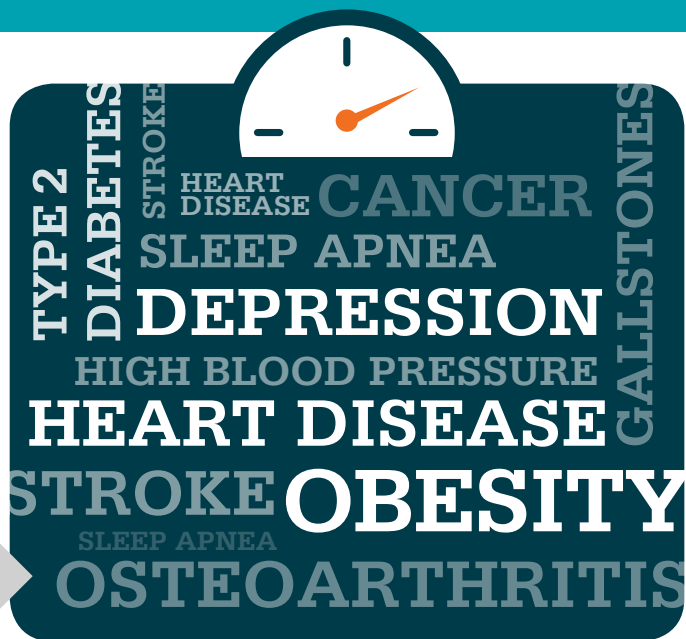


1 out of 3 children are overweight or obese.



2 out of 3 adults are overweight or obese.

Obesity can raise your risk for other health problems.



## You have the power to change

Losing weight and keeping it off is a big challenge, and that's why you need support and help along the way. Try these tips to stay on track.



### Be active

Get at least 30 minutes of physical activity on most days.

You don't have to go to the gym to get exercise. Add movement to your day in simple ways — walking, taking the stairs, playing catch with a football or doing chores around the house!



### Watch portion sizes

Adults consume an average of 300 more calories per day than they did in 1985.

When you're home, dish up smaller portion sizes or serve food on small plates. When you're out to eat, split a meal or take home half of your meal in a to-go box.



### Avoid soft drinks

The average American drinks 1.6 cans of soda per day.

Replacing sugar-sweetened beverages can with water or unsweetened tea help you lose weight. Drinking more water throughout the day also helps you stay hydrated and aids with digestion.



### Get help for weight loss

You don't have to go it alone! Ask your doctor about solutions to help you lose weight on your own or as part of a medical weight loss program.