

Healthy Weight: Sustainable Steps

A practical approach to long-term weight management

Focus on habits, not crash diets

- Use regular balanced meals and sensible portions.
- Choose water over sugary drinks most of the time.
- Build activity gradually and include strength work if appropriate.
- Protect sleep; poor sleep can worsen appetite regulation.
- Track trends weekly or monthly rather than reacting to daily fluctuations.

A realistic plan that can be maintained for months is usually more valuable than rapid short-term weight loss.

Unintentional weight loss, persistent vomiting, difficulty swallowing or rapid unexplained weight change needs medical assessment.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.