

If you want to lose weight, eating healthy foods and being more active can help. Finding support can help too. But healthy eating and regular exercise aren't enough for everyone. Obesity can be treated. If you're having trouble meeting your goals, work with your doctor to make a weight-loss plan that's right for you.



Start by making small changes in your eating and exercise habits. Improve your eating habits by making one change at a time. And try for at least 30 minutes of activity on most days of the week.



Your thoughts have a lot to do with how you feel and what you do. When you're trying to lose weight, changing how you think about certain things may help.



How to improve your eating habits

- Eat a variety of foods, including vegetables, fruits, grains, and protein.

- Limit sugary drinks, and cut back on foods with a lot of fat, salt, and sugar.
- Plan your meals ahead of time.



Ways to get active

- Go for a walk with a friend, or walk the dog.
- Mow the lawn, rake leaves, or do some gardening.
- Try an exercise class online or at a community center.



Ways to change your thinking

- Try not to compare yourself to others.
- Pay attention to how hungry or full you feel.
- Focus on improving your health instead of dieting.



Where to get support

- Ask your doctor about other health professionals who can help, like a counselor or dietitian.
- Find a support group.
- Ask for help from friends or family.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

