



Go beyond diet and exercise

Maintaining a healthy weight isn't just about what's on your plate. To find the best approach for you, your doctor can help you identify your needs, goals, and challenges – and build a personalized plan for success.

Build a healthy plan

Your weight management plan should fit your life. Take advantage of resources for every step of your journey, including diet and exercise, mental health and wellness, classes and coaching, self-care, social health, and more.

Make time to move

Cutting calories can help you lose weight, but keeping it off long-term is a different story. Exercise is a must – aim for at least 30 minutes of physical activity, 5 times a week, to keep lost pounds from coming back.¹

Rethink your drinks

Calories from soda, juice, and alcohol add up fast. Switching to water, unsweetened tea and coffee, and unsweetened seltzers can help you maintain a healthy weight.²

Visit kp.org/weightmanagement for more tips and information.

1. "American Heart Association Recommendations for Physical Activity in Adults and Kids," American Heart Association, January 19, 2024.

2. "Rethink Your Drink," Centers for Disease Control and Prevention, December 27, 2023.

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