



MAINTAINING A HEALTHY WEIGHT FOR A LONG, HAPPY LIFE

HEALTH QUEST 365

Do you want to look and feel your best? Do you want a long, healthy life? You may not realize it but the answer to both of these questions is maintaining a healthy weight. It's not always easy or quick, but with determination, consistency and healthy lifestyle changes, anyone can achieve their health goals.

Whether it's losing those few extra pounds sitting around your waist or keeping off the excess weight gained over the holidays, you can do it!

Choosing to maintain a healthy weight is one of the most important decisions you will make in your lifetime. Staying committed and balanced can help ensure long-term success, as well as provide major health benefits like improved strength and disease prevention.

Remember, even small changes can bring about huge rewards for both body and mind! So why not commit today?

ACTIVITY SHEET

The Health Quest 365 Activity on Healthy Weight

What is your current weight? Considering your overall health, would you say that you are within the range of a healthy weight?

What are your thoughts on dieting? What about lifestyle choices that help with losing weight?

What's your biggest challenge when it comes to achieving a healthy weight?

What small or big habits can you develop to help you on your healthy weight loss/gain journey?

Create a short plan on how to incorporate the habits/activities you listed above in your daily or weekly routine.



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