



Did you know that regular physical activity and a healthy diet can reduce the risk of developing obesity?¹⁻⁴ **Obesity is a major risk factor** for numerous chronic diseases, including heart disease, diabetes, and certain cancers.^{1,5,6} Encouraging patients to adopt an **active lifestyle** and **healthy eating habits** can significantly improve their overall health and prevent the progression of these conditions.^{2,3,5,7,8}



Tips to Help Promote an Active Lifestyle in Patients

Being active involves any activity that gets patients up and moving!



Weekly, 150 minutes of moderate-intensity aerobic physical activity (eg, general yard work or brisk walking) or 75 minutes of vigorous-intensity activity (eg, jogging or running) reduces the risk of CVD^{9,10}



Weekly, 2 or more days of muscle-strengthening activities (eg, lifting weights or working with resistance bands) provide additional health benefits^{9,10}



Get moving for about 30 minutes, 5 days a week. If that's too much at the moment, it is recommended to do what is possible. Even 5 minutes of physical activity can provide real health benefits⁹⁻¹¹

Exploring different activities can help in discovering what brings pleasure^{9,10}



Tips to Improve Eating Habits in Patients

Ask your patients to:



Plan their meals before eating. Follow the plate method for a healthy, balanced meal^{12,13}



Maintain a diet emphasizing intake of vegetables, fruits, legumes, nuts, whole grains, and fish to decrease ASCVD risk factors¹⁴



Consider non-dairy foods, including tofu, almonds, and kale, as a source of calcium¹⁵



Switch to whole wheat bread, whole wheat tortillas, or brown rice for healthier grains¹⁶



Choose grilled or baked poultry, fish, or lean meat, instead of fried, to avoid added fat¹⁷



Cut up veggies to snack on before meals¹⁸



Common Lifestyle Questions Patients Ask and Examples of How to Respond¹⁹



What if I haven't been active for years?



Do I need to lose weight before becoming more active?



ASK



It's never too late to start. Getting more active can make a big difference at any age.

You can start right now! Being more active can help you lose weight and be healthier.



ASCVD=Atherosclerotic Cardiovascular Disease; CVD=Cardiovascular Disease.

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Scan to explore additional resources, including communication tools, tips, and best practices, for conversations in obesity care.

