

# MONTHLY WELL-BEING NEWSLETTER: WEIGHT MANAGEMENT

It’s about more than the scale.



Maintaining a healthy weight looks different for everyone. It’s not about hitting a specific number or following the latest diet trend. It’s about building small, sustainable habits that help you feel better and stay healthy over time.

Keeping your weight in a healthy range matters because it reduces the risk of chronic conditions like heart disease and type 2 diabetes, and it supports your mobility and energy as you age.

## A Note Before You Get Started

Weight naturally fluctuates, and that’s okay. If you focus only on the scale, you may get discouraged by normal ups and downs. Instead, pay attention to how you feel; your energy levels, your mood, your strength in workouts. Progress is real even when the scale doesn’t move. And remember: weight changes slowly. Give yourself grace and stay consistent.

## Building Healthy Habits

Small changes add up. Here are some areas to focus on:

### Diet

- + Include fruits and vegetables at most meals
- + Choose whole grains and lean proteins
- + Pay attention to portion sizes
- + Limit sugary drinks and highly processed foods

### Movement

- + Take short walking breaks throughout the day — even 10 minutes counts
- + Find an activity you actually enjoy
- + Get active with people you like spending time with



### Sleep and Stress

Sleep and stress have a bigger impact on weight than most people realize. Poor sleep disrupts hunger hormones, and chronic stress can drive overeating. Pay attention to both.

- + Learn more about sleep with the [Sleeping with Science TED Talk Series](#)
- + Try one of these [recorded meditations](#) to wind down



## Want to Go Deeper?

### Podcasts

- + [Cut the Fat](#) — science-based weight loss guidance without the guilt
- + [Weight Loss Mindset](#) — focused on the psychology of sustainable, long-term success

### Books

- + [The Mayo Clinic Diet](#) — a practical, lifelong approach to weight management
- + [How Not to Diet](#) — Dr. Greger draws on cutting-edge research to identify what actually drives fat loss and long-term health