

Obesity & Weight Management

Sample Newsletter Article

Starting a Weight Management Journey

It is common to think that effective weight management is only dependent on diet and exercise. But the truth is, being overweight or having obesity isn't just about lifestyle choices or discipline. Research has proven that it is a [complex chronic condition](#), like diabetes and heart disease. On average, people living with excess weight make up to seven serious attempts to lose weight in their lifetime.

How Much Weight Do I Need to Lose?

The good news is, losing just 5% of total body weight can result in decreased health risks and improvements in body functions. Beyond numbers on the scale, you may also wish to monitor other positive changes that can result from your weight loss journey: more energy, increased self-esteem, lower medication use, or improved blood pressure, blood glucose, or cholesterol.

What Can You Do Today?

Small steps can help you get started and maintain your weight loss over time. Here are some examples:

- Find creative ways to increase your [physical activity](#) throughout the day, such as taking the stairs instead of the elevator, parking far away, or finding a buddy for weekly walks or hikes.
- Take [proactive steps](#) to control your environment, like bringing healthy snacks to work, not visiting buffets and “all you can eat” restaurants, planning your week’s menu in advance, and avoiding grocery shopping on an empty stomach.
- Seek out [doctors](#) and other health care professionals who specialize in weight management, as well as [community resources](#) to support your healthy living goals.
- Learn about the weight management benefits offered by your employer, including the following:

Insert weight management resources here. Examples include: Consultations with a registered dietitian; Company-sponsored programs for weight loss, healthy eating, physical activity, and stress management; Anti-obesity medications on your prescription drug plan; Surgical interventions for weight loss; In-network physicians and other health professionals who specialize in helping patients lose weight.