



South Central's Health on Blast

Body Weight Planning

Reaching and maintaining a healthy weight is important for overall health; preventing many diseases, and controlling many health conditions.

Lowering your risk for developing health problems helps you feel good about yourself and gives you more energy to enjoy life.

Many factors can contribute to a person's weight: family history, genetics, metabolism, and behavior or habits.

Reach your goal weight with the National Institute of Health's (NIH) Body Weight Planner and USDA's SuperTracker.

You can reach and maintain a healthy weight if you: eat healthy and increase physical activity.

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The USDA and NIH have developed a new tool that can help individuals to reach and maintain their goals.

<https://www.supertracker.usda.gov/bwp/>

The NIH Body Weight Planner calculates how many calories you need to eat and how much exercise you need to achieve a goal weight within a specific timeframe.

The USDA SuperTracker is an interactive tool you can use to create a personalized meal plan based on your Body Weight Planner results.

Use the link above to take advantage of the new tool to assist in your weight management goals.