



## HEALTHY WEIGHT

### A HEALTHY WEIGHT CAN HELP YOU:



#### Have More Energy

Feel less tired and more productive



#### Move More Comfortably

Less strain on joints and muscles



#### Improve Mood & Sleep

Better focus, sleep, and emotional well-being



#### Lower Health Risks

Supports heart, joint, and metabolic health

**A healthy weight is not one number.**  
It's about **how you feel, move, and function.**

Join the **Weigh-to-Go Challenge** to stay accountable, track your progress, and earn incentives—whether your goal is to **maintain your weight or lose weight**, every **healthy effort** counts.

✦ *“Small changes add up to big results.”* ✦



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Healthy Eating + Regular Exercise = Healthy Weight