

# Living Well

## Obesity

Obesity is excess body fat that can threaten or affect your health and make your current medical conditions harder to manage. It is a chronic disease that develops over time. Often there is no cure. Managing obesity is difficult and is a life-long process.



**TIP:** There are many factors that influence our weight. Being aware of these factors helps put a plan in place to manage them:

**Stress:** This can lead to poor food choices. Learn how to manage stress in healthy ways.

**Money:** Investing in your health does not have to cost a lot. There are many economical ways to incorporate activity into your life. Make small changes in your diet that are not hard on the wallet.

**Sleep:** Try to get 7 to 9 hours of sleep per night.

**Chronic conditions:** Presence or treatment of some conditions can lead to weight gain. It is important to work with your health care provider to manage your health conditions.

**Environment:** We live in an environment where food is everywhere. Learning how to manage food and the environment we live in is part of healthy long term weight management.

## Self-Care

Taking good care of your health is the key to living well. Regular check-ups with your health care provider are one of the best ways to stay healthy.

### *Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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## Living Well continued

### TIPS:

See your doctor for regular check-ups so problems can be discovered and managed early.

Ask your health care provider about your blood pressures and/or blood sugars if you have high blood pressure or diabetes.

Ask your health care provider about your cholesterol levels and manage them through diet or medications.

Take medications as prescribed.

Stay informed and be an active participant in your health and well-being.

### Realistic Weight Loss Goals

Many people report that they have lost and gained weight multiple times over the years. Making lifestyle changes that you can enjoy and can sustain for the rest of your life is important. Remember, stopping further weight gain by incorporating long-term changes is considered success.



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