



Building Healthier Futures Obesity & Healthy Weight Awareness

MedNet Obesity & Healthy Weight Awareness Newsletter

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Small Changes. Lasting Health

Obesity is a chronic condition that affects overall health and can increase the risk of heart disease, type 2 diabetes, high blood pressure, sleep apnea, and other health complications. While factors such as genetics, lifestyle, and environment all play a role, building healthier habits can make a meaningful difference.

The good news? Even small, consistent lifestyle changes can improve your health and quality of life.



Did You Know?

Losing just 5–10% of your body weight can help improve blood pressure, cholesterol, and blood sugar levels, reducing the risk of chronic diseases.

Healthy weight isn't about achieving a certain number on the scale—it's about supporting your long-term health and well-being.

Healthy Weight Isn't One Size Fits All

Everyone's body is different.

Age, genetics, muscle mass, medical history, and lifestyle all influence what a healthy weight looks like. Instead of comparing yourself to others, focus on building habits that support your own health goals.



Build Your Wellness Toolkit

Healthy living starts with small, sustainable choices. Here are a few habits that can make a lasting impact:

Eat Well

Fill your plate with vegetables, fruits, whole grains, lean proteins, and healthy fats.

Keep Moving

Aim for at least 150 minutes of moderate physical activity each week—every step counts.

Stay Hydrated

Choose water more often and limit sugary drinks whenever possible.

Sleep Well

Getting 7–9 hours of quality sleep each night supports your body's natural balance and overall wellness.

Stay Connected to Your Health

Wellness isn't just about healthy habits—it's also about staying informed. With MyHealthPass, you can conveniently access your digital member ID, review claims, and search for network healthcare providers anytime, helping you stay connected to your healthcare while focusing on your well-being.

Benefits of a Healthy Weight

Maintaining a healthy weight can help you:



1 Improve heart health



2 Reduce the risk of type 2 diabetes



3 Boost energy levels



4 Sleep better



5 Improve mobility and joint health



6 Enhance your overall quality of life

Every healthy choice counts. By embracing balanced habits today, you can build a stronger body, improve your well-being, and create a healthier tomorrow.

Healthy Weight FAQ

Is skipping meals a good way to lose weight?

No. It may increase hunger later in the day and lead to overeating.

Do I need to exercise every day?

Regular movement is beneficial, but it doesn't have to be intense. Aim for at least 150 minutes of moderate physical activity each week.

Can small lifestyle changes really make a difference?

Yes. Building healthy habits over time is often more sustainable than making drastic changes.



Every Step Counts

Healthy weight management isn't about perfection—it's about progress. Small choices, repeated consistently, can lead to meaningful improvements over time.

Whether it's taking a walk, choosing a balanced meal, drinking more water, or keeping your healthcare information within easy reach through MyHealthPass, every positive step brings you closer to a healthier tomorrow.

Care You Feel. Integrity You Trust

Maintaining a healthy weight is one of the most effective ways to improve overall health and reduce the risk of obesity-related conditions. Through balanced nutrition, regular physical activity, and healthy lifestyle choices, lasting well-being is within reach.

Together, let's promote awareness, encourage healthier habits, and empower individuals to live healthier, more active lives.

MedNet Team

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