مركز أبوظبي للصحة العامة
ABU DHABI PUBLIC HEALTH CENTRE

دائـــرة الـصـحـــة
DEPARTMENT OF HEALTH



Personalised Weight Management Programme

Your Guide to Healthy Living

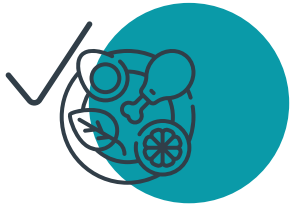
Your Guide to Healthy Living

A practical guide to help you shape healthier habits and feel better every day of your weight management journey.

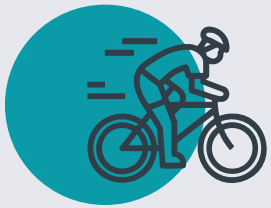


1. **Eat Smart:** Make Better Choices Every Day

Fuel your journey to a healthy weight with balanced meals – choose whole foods, lean proteins, and fresh fruits and vegetables. Cut back on sugary drinks, processed snacks, and oversized portions.



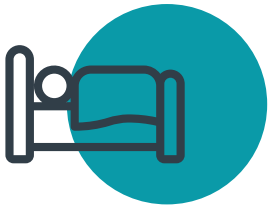
2. **Move More:** Activity That Fits Your Life



Your daily movement enhances the vital processes in your body, boosts metabolism, mood, and energy levels. Start gradually, working towards 10,000 steps a day or weekly exercise – 150 minutes of moderate activity or 75 minutes of vigorous activity – such as swimming, cycling, or any activity you enjoy. Yoga and stretching are also recommended.

3. **Sleep Well:** Your Body Needs Rest

Good sleep supports weight control, appetite balance, and mental wellbeing. Try to maintain regular sleep hours, reduce screen time before bed, and create a calm sleep environment.



4. **Manage Stress:** A Balanced Mind Helps a Balanced Body



Stress can affect hunger, energy, and motivation. Practice simple habits like deep breathing, journaling, or short breaks to keep your mind clear and calm.

5. **Stay Hydrated:** Simple and Essential

Water helps control appetite, supports digestion, and boosts energy. Keep a bottle with you and sip throughout the day - especially during activity or warm weather.



6. **Build Healthy Routines:** Small Steps, Big Results



Set simple, realistic goals and stick to daily habits. Track your progress using apps or your smartwatch to stay motivated. Remember, change happens gradually, and every small step matters.

7. **Stay Connected:** Support Helps You Succeed

Share your goals with friends, family, or join community activities. Positive support encourages consistency and makes the journey more enjoyable.



Healthy communities begin with healthy choices...

starting with yours.

Ready to Begin?

Start with one small step today.
Your journey to better health begins with a single step. Visit any ADPHC-certified weight-management clinic to begin your programme.



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