

This guide will help you make small, lasting changes that support your your journey to better health, whether you are starting your plan or looking to stay on track. These are practical, science-backed actions to integrate into your daily routine.

### Eat Mindfully, Feel Better

#### Simple Nutrition Tips to Support Weight Loss

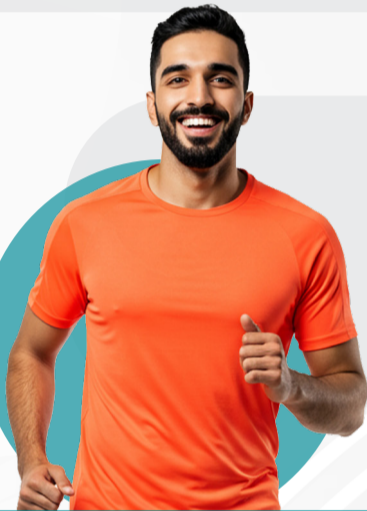
- Fill half your plate with colourful vegetables and fruits, they're rich in nutrients and fiber, and naturally low in calories.
- Swap sugary snacks and drinks for water and whole fruits to reduce empty calories.
- Use smaller plates and measure your portions – your protein (like chicken or meat) should be about the size of a deck of cards.
- Practice mindful eating: avoid screens during meals, chew slowly, and put your fork down between bites.



### Move More, One Step at a Time

#### Simple Nutrition Tips to Support Weight Loss

- Increase daily movement
- Practice moderate physical activities regularly
- Include higher-intensity exercises when appropriate



### Tips to Get Started

- Incorporate stretches, seated exercises at your desk, or take short movement breaks regularly.
- In good weather, park farther away to enjoy the walk and get extra steps in.
- Catch up with friends or family during a walk instead of sitting at a café.
- Incorporate gentle stretching into your nighttime routine.
- Break your movement into manageable sessions (30-minute walks, five days a week).
- Mix it up: combine cardio (walking, dancing, swimming) with strength exercises (squats, push-ups, resistance bands).
- Find a workout buddy to stay motivated.



### Build Healthy Habits That Last

#### Lifestyle Strategies That Work

- Aim for 7-8 hours of restful sleep, it helps balance hormones that control appetite.
- Avoid heavy meals close to bedtime for better sleep and digestion.
- Set realistic goals. Start with a target of losing a manageable amount of your body weight.
- Celebrate small wins. Progress takes time, and every step counts.
- With the Sahatna app, you can track comprehensive health indicators beyond weight, including physical activity, heart health, sleep, and stress levels. Sahatna helps you take a full-body approach to wellness as well as booking doctor appointments and keeping track of medical records.
- Consider joining a support group or community. Sharing your experience keeps you accountable and encouraged.



#### Remember:

You're not alone. This program is designed to support you every step of the way through medical guidance, personalised plans, and tools that work for real life. Ask your healthcare provider for help building your personal action plan.