



# BETTER success

## Stay on track for a healthy weight

With so much temptation everywhere, it can be hard to keep calories under control. If you slip, get back on a healthy path by identifying one or two things you can do differently, such as cutting out fried foods or taking the stairs. Even simple changes can have a big impact on your waistline. Here are some other weight loss tips:

### Make a splash.

Drink water instead of soda or juice. The extra calories from all that sugar can lead to weight gain.

### Doze and conquer.

If you don't get enough sleep, you're more likely to be overweight or obese, and to develop diabetes.

### Everyday winnings.

Put extra effort into household chores to turn them into calorie-burning exercises.

LEARN MORE

Visit [kp.org/bettersuccess](https://kp.org/bettersuccess) for more ideas to make every calorie count.

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