



NUTRITION AND EXERCISE

Obesity is a public health problem that affects adults and children in Puerto Rico. The main reasons for this health problem are an inadequate diet and a sedentary lifestyle.

In MMM Multi Health we offer some recommendations for you to keep a balance diet, maintain an active lifestyle and avoid the consequences that brings the overweight and obesity.

- Include foods from all groups, varied and in adequate amounts in a daily basis. The food groups are: proteins, carbohydrates, fruits, vegetables, dairy and fats.
- Make physical activity as for example; walking or biking, housework, sports or planned exercise as for at least 30 minutes daily.
- Know your body mass index (calculation that determines the healthy weight can have a person based on height and weight).
- Ask your primary care physician or nutritionist. Both can help to set goals and appropriate weight loss, monitor their progress and provide support.
- Involve the whole family. Try to get whole family to join a health behavior change.

IF YOU NEED MORE INFORMATION regarding our services or **Wellness Programs** can communicated:

1-844-336-3331 (toll free)

Monday through Friday: 7:00 a.m. a 7:00 p.m.