



# Weight Management

## ***FIT FACTS***

Sound, balanced weight management programs bring together three critical components of long-term weight management success: nutrition, exercise and lifestyle change. Strike a good balance between the number of calories you consume and the number you burn. Be sure to follow the Dietary Guidelines for Americans, increase your physical activity with an exercise program (or start by doing simple things like taking the stairs, parking farther from your destination or walking to do your errands), and be sure to surround yourself with support of friends and family.

[9 Things to Look For in a Quality Weight Loss Program](#)

[6 Ways to Fine-Tune Your Lifestyle for Weight Maintenance](#)

[Calorie Burners: Activities That Turn Up the Heat](#)

[Diet Myths Debunked](#)

[Don't Skip Breakfast to Cut Calories](#)

[Exercise and Cellulite](#)

[Putting on the Pounds](#)

[So, You Want to Spot Reduce? Here's How](#)

[Successful Weight Control](#)

[Trimming off the Fat](#)

[Weight Loss Plateaus and Pitfalls](#)

[Weight Loss: Diet vs. Exercise](#)



*NAVAL BASE KITSAP-BREMERTON, Wash. Electronics Technician from San Diego, assigned to the aircraft carrier USS Ronald Reagan (CVN 76), measures the weight of a Sailor during a Body Composition Assessment (BCA) in preparation for the Navy's biannual Physical Readiness Test (PRT). The PRT is conducted to ensure Sailors maintain physical readiness. (U.S. Navy photo by Mass Communication Specialist 3rd Class Kevin Hastings)*