




Drive the
right **Weigh**



Looking to start
your own weight loss
journey?

Learn how.



If you're looking to make a change
in your weight loss journey, **let's get
started at drivetherightweigh.com**

Healthy Habits for Drivers on the Move



Sticking to a healthy diet can look like:

Cutting back on salt, sugar, and saturated fats

Eating food with more fiber, like fruits and veggies

Going for healthy snacks instead of processed foods



Staying active on the road can mean:

Exercising for 20 to 30 min per day, 5 to 7 days a week

Taking a brisk walk outside

Strengthening your muscles with activities like sit-ups, push-ups, and lunges



Increasing physical activity can help you:

Reach and maintain a healthy weight

Lower your blood pressure and cholesterol

Bring down your blood sugar levels



Talking to your doctor about your weight:

Discuss your weight loss goals and concerns

Ask about any medications or lifestyle changes they recommend

Ask how often you should check your blood pressure and make sure to get regular blood tests

Be sure to talk to your doctor before making any changes to your diet or physical activity.