

# Holidays gaining on you?

Share your tips below for maintaining your weight this winter

The keys to healthy weight are regular exercise and good eating habits. Achieving and maintaining a healthy weight decreases the risk of many health conditions, including:

-  Hypertension
-  Type 2 diabetes
-  Coronary heart disease
-  Stroke
-  Gallbladder disease
-  Osteoarthritis
-  Sleep apnea and respiratory problems
-  Some cancers
-  Dyslipidemia

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