



Manage Your Weight

When it comes to managing weight, people's need for physical activity varies greatly.

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Both eating patterns and physical activity routines play critical roles in weight management. You can gain weight when you consume more calories than the number of calories you burn.

To maintain your weight.

If you are not physically active, work your way up to 150 minutes a week of moderate--intensity physical activity. This could include dancing or doing yard work. You could meet the goal of 150 minutes a week with 30 minutes a day 5 days a week, 22 minutes every day or whatever other breakdown works best for you.

When it comes to managing weight, people's need for physical activity varies greatly. You may need to be more active than others to reach or maintain a healthy weight.

To lose weight and keep it off.

You will need a high amount of physical activity unless you also adjust your eating patterns and reduce the number of calories you're eating and drinking. Healthy eating combined with regular physical activity help you get to—and stay at—a healthy weight.

Adapted from: Physical Activity Basics, CDC.gov

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<http://beta.docker.poz.com/article/manage-weight>