



## **How to Manage Your Weight**

Click the link below to find out more!

[http://www.eatright.org/Public/NutritionInformation/index\\_19206.cfm](http://www.eatright.org/Public/NutritionInformation/index_19206.cfm)

For more information about this or other healthy weight management topics, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW Community Website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

***Shape Your Future... Your Weigh!™***