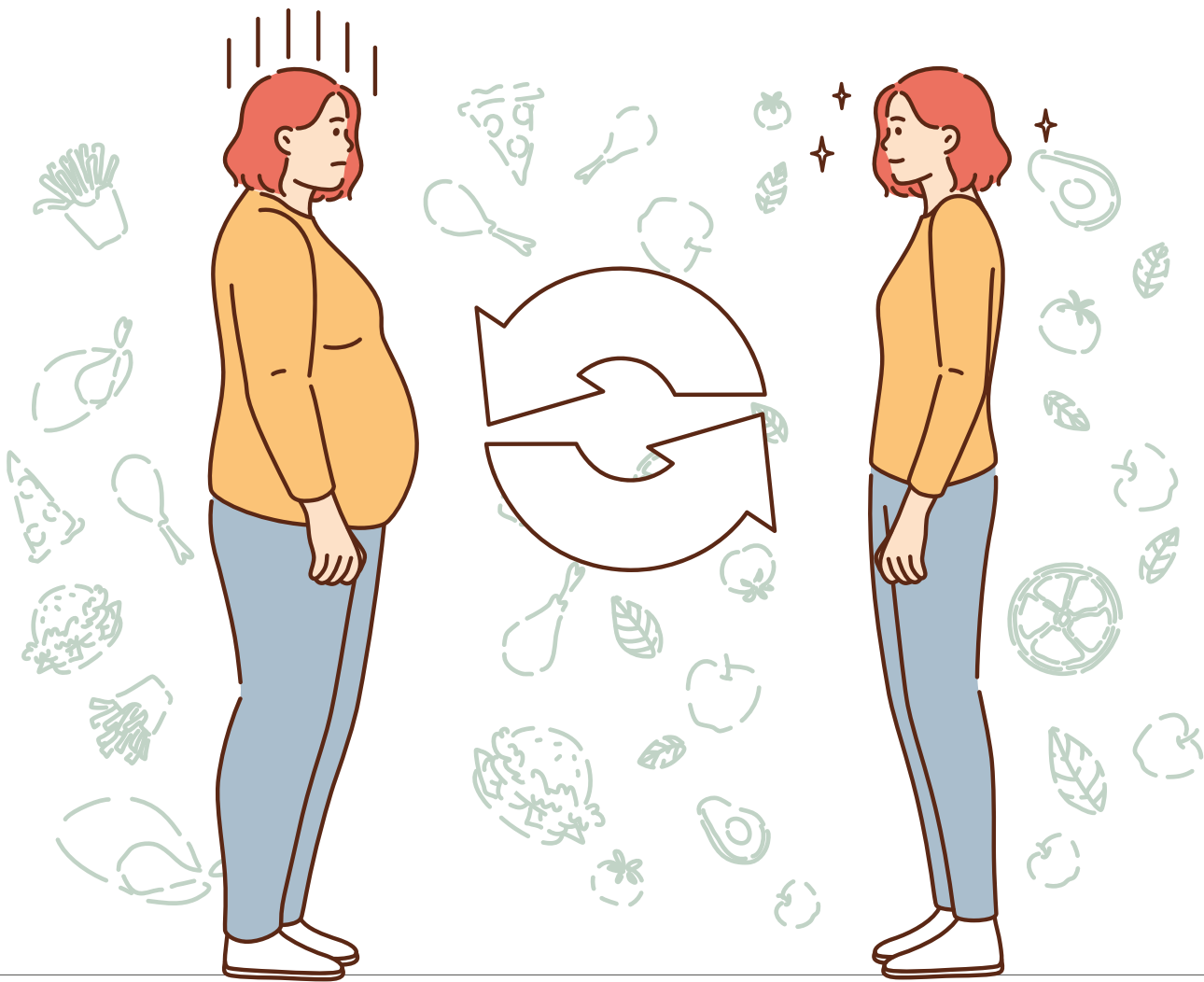


Weight Fluctuation



Is your weight fluctuating?



Find out what causes these fluctuations



9 ways to manage your weight



Is your weight fluctuating?

There are many people who suffer from fluctuations and problems in weight such as increase, stability, or even decrease within a few weeks or months, which make them feel insecure and turn to random, harsh, and unreliable diets to achieve the desired goal within a short period.

Unfortunately, there is no actual result of changing or correcting the weight, because so many people misunderstand the fact that there are reasons behind these fluctuations.

-So, what are the reasons behind weight fluctuations?

-And what are the best ways to control the weight problem?





Find out what causes these fluctuations

Nutritional pattern:

A person's diet highly determines the extent of his control on weight and its fluctuations. As a person who is committed to his food quantities and eats a variety of healthy food may not have difficulty controlling his weight compared to a person who consumes more food than the body's basic need, as well as eating unhealthy food that contains a lot of fats, salts, and sugars, and this makes it easy to lose the ability to control the weight.





Find out what causes these fluctuations

Fluid retention in the body:

There are many factors that affect fluid retention in the body, and one of these factors is: excessive eating of food that contain high levels of salt so that your body retains water to maintain the concentration of salt in the blood and reduces until it gets rid of salts as it contributes to temporary increase in weight.

And the other factor for fluid retention might be a result of a health issue, so you must visit your doctor to do the necessary medical examinations.

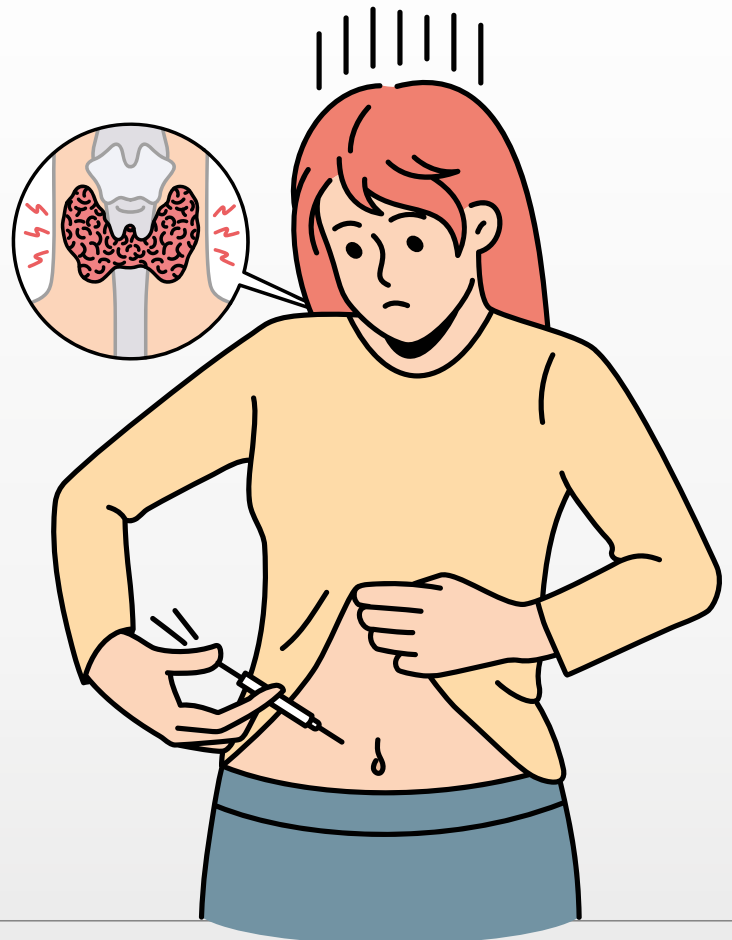




Find out what causes these fluctuations

Health issues and chronic diseases:

Having some health issues or chronic diseases such as diabetes, etc. might be a reason behind weight fluctuations, as a person must follow a plan with therapeutic medicines that may contribute to changes in the body, resulting in changes of weight.





Find out what causes these fluctuations

Exercise routine:

The daily or weekly exercise routine may lead to weight loss in the beginning, but after a while weight loss may stop and remains stable. Don't worry if you faced this problem, your body might have gotten used to your repetitive routine in your exercise, so change the intensity and types of exercises until you achieve your goal.

Weighing yourself by stepping on the scale may not be the best way to check your weight changes, instead of this, you may consider taking measurements of waist, buttocks, and others to get a better and more accurate information on the changes in your weight





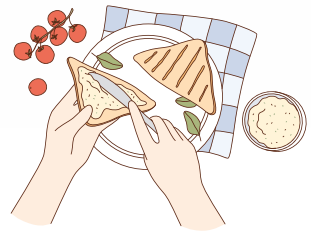
9 ways to manage your weight



Keep your daily steps at 10,000 steps per day



Control your food intake and ensure the consumption from different food groups



Divide your meals into 3 balanced main meals and 2-1 snacks per day



Eat 5 servings of vegetables and fruits daily, at a rate of 3 cups of vegetables and two fruits



Maintain sufficient hours of sleep from 7-9 hours during the night to enhance metabolism in the body



Stay away from fast food, that contains high amounts of fats, and manufactured additives



Replace canned juices or soft drinks with fresh juices



Drink tea or coffee without added sugar, milk, etc.



Diversify your sports and make sure you exercise at least 30 minutes a day



مجلس الاعلى لشؤون الاسرة
Supreme Council For Family Affairs

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Health Promotion

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