

# BODY WEIGHT CONTROL

## WHAT factors can affect my weight?

### MYTH



### REALITY



## HOW can I help control it? Target your behaviours.



Choose fresh and unprocessed foods



Participate in physical activity everyday



Get enough sleep



Take breaks from sitting

#### Sources

Tremblay A and Chaput JP. About unsuspected potential determinants of obesity. *Appl Physiol Nutr Metabol* 2008; 33(4): 791-6.

Chaput JP and others. Risk factors for adult overweight and obesity in the Quebec Family Study: have we been barking up the wrong tree? *Obesity* 2009; 17(10): 1964-1970.

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