

## Find a Healthy Weight

How much you weigh affects how well your body works. Ask your healthcare practitioner (prak-tih-shun-er) what weight is right for you

## Just Right

- If you weigh too much...
  - Your heart and lungs have to work harder
  - Breathing is harder
- If you weigh too little...
  - You may have less energy
  - You may feel weak and tired
  - You may be more likely to get an infection



## Did you know?

**A dietician (die-eh-tih-shun) is a nutrition expert who can help you make a food plan that is right for you.**

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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