

HEALTHY WEIGHT GAIN VS UNHEALTHY WEIGHT GAIN

HEALTHY



Organic, good quality protein



Healthy fats



Unrefined complex carbs



Plenty of fresh fruits and vegetables



Nutrient-dense, high-protein shakes



Fresh fruit and vegetable juices



Eating several smaller meals throughout the day



Snacking on high-protein foods in between meals



7–9 hours of sleep per night



Stress-free environment



Strengthening exercises mixed with light cardio



UNHEALTHY

Processed, refined & packaged foods



Alcohol



Sweetened beverages



Added & artificial sugars



Sleeping less than 7 hours per night



Snacking on junk food (potato chips & baked goods)



Eating very large meals only 1–2 times daily



Being stressed out



Living a sedentary lifestyle



Not Gaining Weight Is A Past Gain Weight Live Better

Tobias Bleicker



Not Gaining Weight Is A Past Gain Weight Live Better:

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readiness is the key to paying attention to what's behind the symptoms as we seek the solutions for how to stop fighting food fighting with our fridge or fighting with our body but mainly with ourselves Only then we will find real joy with our bodies again

Aging Well with Diabetes Medha Munshi, Sheri Colberg, 2025-04-29 An essential guide to navigating diabetes for older adults and their caregivers In Aging Well with Diabetes Dr Medha Munshi and Dr Sheri Colberg provide practical advice to redefine living with diabetes in later life As experts in geriatric care and diabetes management they introduce a clear and accessible 10 step action plan to help you manage diabetes effectively while enhancing your overall vitality and independence Each step in the action plan is detailed with achievable goals making it a crucial toolkit for anyone living with diabetes or caring for someone who does The authors discuss Comprehensive health management including dietary adjustments physical activity medication management and more How aging and diabetes interact detailing the physiological changes and challenges that come with managing diabetes at an older age The diversity of experiences among older adults with diabetes and the importance of personalized treatment plans Practical tips and strategies such as modifying exercises to prevent falls and dietary tips that accommodate older digestive systems Guidance for caregivers and health care providers on how to support older adults with diabetes Whether you're newly diagnosed or a long time diabetic this guide will empower you to take control of your health and manage your diabetes with confidence and grace as you age

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