

5 Tips for Weight Management!



KENPOS

Here are five tips for weight management if you are looking to get your weight under control this year!



Be sure to take advantage of **KENPOS**, a website provided by Sony Health Insurance to support everyone's health. **There is a lot of content to supplement these five tips!**

1 Imagine your ideal body

Imagine yourself specifically after changing your weight, such as being able to wear certain clothes, feeling light when jogging, or getting better results on your next health checkup.



2 Set your goal weight and actions

A decrease of 2 kg around every 3 months is said to be a goal weight that you are less likely to rebound from. What will you do to achieve it? Do not forget to decide a course of action, too.



Start with things you can do, such as **not eating or drinking at least two hours before bedtime!**

3 Move your body frequently

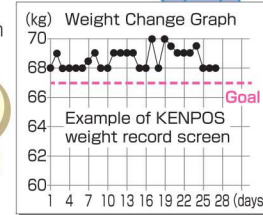
Even if you can control your weight just through your eating habits, it may only be temporary... To avoid losing muscle mass, move your body frequently, such as moving around once an hour or walking the distance between two train stations.



Reference website: "Yaruki ga denai! Dailetto no mochibe-shon wo ageru kotsu" (Lack of motivation? Tips to increase your diet willpower), Asken 2019/12/30

4 Record your weight

Do not pay too much attention to your weight each day. Keep track of your weight over several months so you can reflect on your actions.



You gain about 2% more weight after meals. That's why **you should weigh yourself at a set time or timing.**

5 Have a positive outlook

Start by complimenting yourself on what you are doing. Do not regret eating too much or not being able to continue. Think positively by adjusting for the amount you overeat each week or changing your actions to something you can keep doing.

Positivity



Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage. <http://www.sonykenpo.or.jp/>

