

Healthy Weight Management During COVID-19

Worried that you may have overindulged in comfort foods during the COVID-19 pandemic? **You're not alone.**

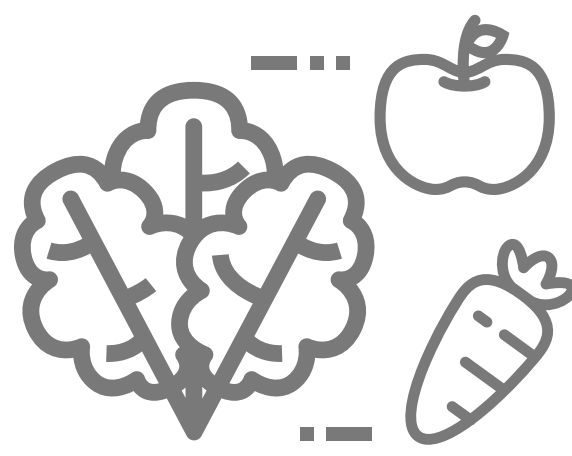


If having an extra helping or two of your favorite foods has caught up to your waistline during the pandemic, there are creative ways to get your health back on track:

SOUND NUTRITION



Lean sources of protein, leafy greens, and various other vegetables and fruits are **just what your body needs to fuel it properly.**



EXERCISE



Every movement counts to burn calories and shed those pandemic pounds. Dedicate an hour most days of the week to working out with your favorite online exercise guru. If you can't get in a workout, just walking around your neighborhood can make a big difference.



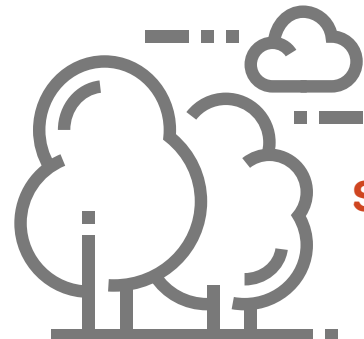
STRESS MANAGEMENT



A makeshift meditation corner and giving yourself permission to **sit quietly and reflect can go a long way to alleviate stress.**



Yoga can help **reduce stress and improve flexibility** at the same time. Any introductory class will do.



If all else fails, head for the park. **Sitting, walking or playing outside in nature can also help calm frazzled nerves.**



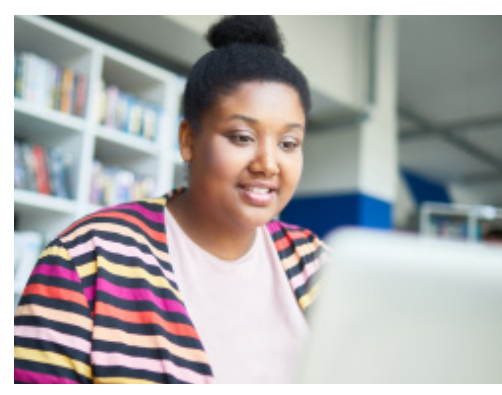
PROFESSIONAL GUIDANCE



Gain **a world of experience to help accomplish weight-loss goals** through a medically guided weight control program.



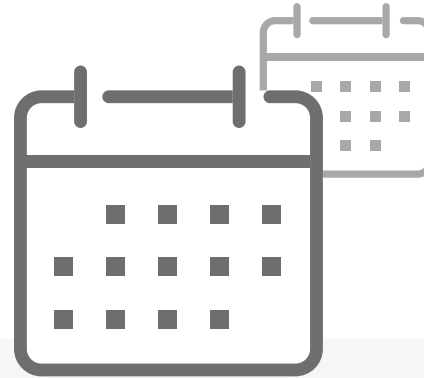
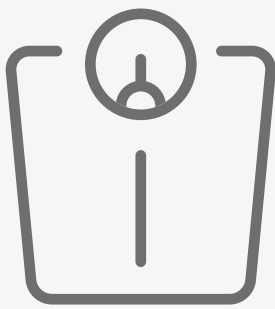
Find support through other people working to achieve a healthier weight.



LOSS & GAINS

10.5%

The **average amount of body weight** that Weill Cornell Medicine Comprehensive Weight Control Center patients lose over one year.



2 Years or More

The vast majority of Weill Cornell Medicine Comprehensive Weight Control Center patients **maintain weight loss for two or more years.**

CLINICAL SOUND BITE

"Obesity is a risk factor for worse outcomes in COVID-19 patients, who are more likely to end up in the intensive care unit, more likely to be intubated, and more likely to die. **Patients who lose at least 5% of their body weight—which they're able to do in 65%–75% of cases at Weill Cornell Medicine Comprehensive Weight Control Center—can lower levels of the inflammation-promoting hormones that can worsen COVID-19 outcomes.**"

— Louis Aronne, MD, Director of the Comprehensive Weight Control Center at Weill Cornell Medicine