

MEDICAL ARTICLES

BY: PATIENT SUPPORT GROUP

OCTOBER 2026

Weight Management: Achieving and Maintaining Healthy Weight

by Miss Hanan Khatib

Dietitian, Al Sharq Hospital, Fujairah



A healthy weight is not about following strict diets or achieving a specific body shape. Instead, it focuses on developing sustainable habits that support long-term health and well-being. Healthy weight management involves balancing the calories consumed through food and beverages with the calories burned through daily activities and exercise.

Weight management refers to maintaining a healthy body weight through a balance of proper nutrition, regular physical activity, and healthy lifestyle habits. Achieving and maintaining a healthy weight is important for overall health and can reduce the risk of many chronic diseases, including heart disease, diabetes, high blood pressure, and certain types of cancer.

Proper nutrition plays a key role in weight management. A balanced diet should include fruits, vegetables, whole grains, lean proteins, and healthy fats. Limiting foods high in sugar, salt, and unhealthy fats can help prevent excess weight gain. Portion control and mindful eating are also important strategies for maintaining a healthy weight.

MEDICAL ARTICLES

BY: PATIENT SUPPORT GROUP

OCTOBER 2026

Weight Management: Achieving and Maintaining Healthy Weight

Regular physical activity is equally important. Exercise helps burn calories, improve metabolism, strengthen muscles, and enhance overall fitness. Adults are encouraged to engage in at least 150 minutes of moderate-intensity physical activity each week, such as walking, cycling, swimming, or other enjoyable activities.

Adequate sleep and stress management also contribute to successful weight management. Lack of sleep and chronic stress can affect hormones that regulate hunger and appetite, making it more difficult to maintain a healthy weight. Establishing healthy sleep habits and practicing stress-reduction techniques can support weight management efforts.



Healthy weight management is a lifelong commitment to balanced eating, regular physical activity, adequate sleep, and healthy lifestyle choices. Small, consistent changes can lead to lasting results and significantly improve overall health. Remember: successful weight management is about progress, not perfection, and every healthy choice contributes to a healthier future.