

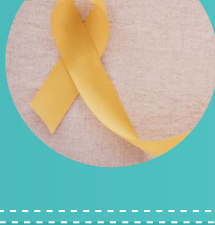
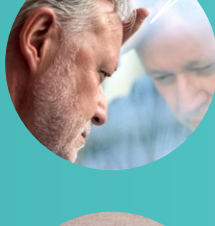
# EUROPEAN OBESITY DAY 2019

By Tackling Obesity Together we can create a

## HEALTHIER FUTURE

for everyone in Europe.

OBESITY CAN LEAD TO A RANGE OF CHRONIC HEALTH CONDITIONS AND AFFECT OVERALL WELL-BEING...



BUT IT'S NOT INVINCIBLE!

WE ALL KNOW SOMEONE WHO IS IMPACTED BY OBESITY AND WHO MAY NEED OUR

SUPPORT

IN CHANGING UNHEALTHY LIFESTYLE HABITS.

## TAKING SMALL STEPS TOWARDS

REDUCING CALORIE INTAKE AND INCREASING PHYSICAL ACTIVITY...



... MIGHT BE EASIER THAN YOU THINK IF YOU HAVE THE RIGHT SUPPORT FROM FAMILY, FRIENDS, COLLEAGUES AND THE SOCIETY.



AND AN EXPERIENCED HEALTHCARE PROFESSIONAL CAN HELP YOU SET REALISTIC WEIGHT-LOSS GOALS AND MAKE STEPWISE BEHAVIOURAL CHANGES.

SUCH AS SEIZING EVERY OPPORTUNITY TO GET MORE ACTIVE, INCLUDING BY:



TAKING A WALK IN THE PARK



CYCLING



PLAYING WITH YOUR CHILDREN OR YOUR DOG



DANCING MORE OFTEN



TRYING ALTERNATIVE TYPES OF EXERCISE LIKE YOGA



SHARING ACTIVE MOMENTS WITH YOUR FAMILY AND FRIENDS



AND REMEMBER...

DEPRIVATION IS NOT THE ANSWER TO OBESITY.

A HEALTHY DIET CAN STILL HAVE A GREAT TASTE WHILE PROVIDING MORE NUTRIENTS AND FEWER CALORIES.



AND YOU CAN STILL ENJOY THE PLEASURE OF SWEET TASTE IN MODERATION AND BY REPLACING SOME OF THE SUGAR WITH LOW CALORIE SWEETENERS.

## YOU ARE NOT ALONE!

WITH THE RIGHT SUPPORT, THERE'S A POSSIBLE SOLUTION FOR ALL PEOPLE WITH WEIGHT MANAGEMENT PROBLEMS.

The International Sweeteners Association (ISA) joins forces with CNAO and Adexo in supporting **European Obesity Day on 18th May 2019**



#EOD2019 #ISA4EOD

[sweeteners.org](http://sweeteners.org)

