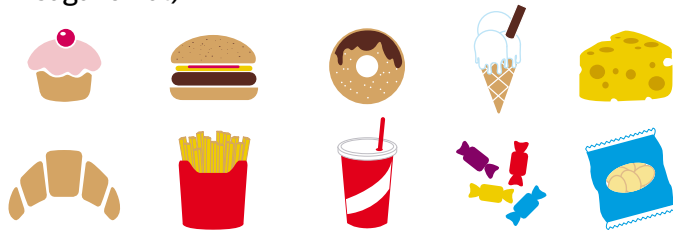


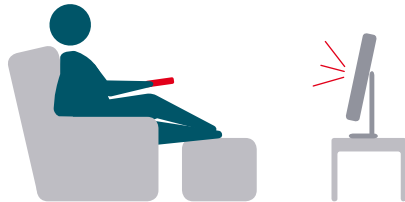
A balanced diet and regular exercise will help you reach and maintain a healthy weight.

1 There are usually two reasons why people put on too much weight:

- Eating too much food (especially foods with a lot of sugar or fat).



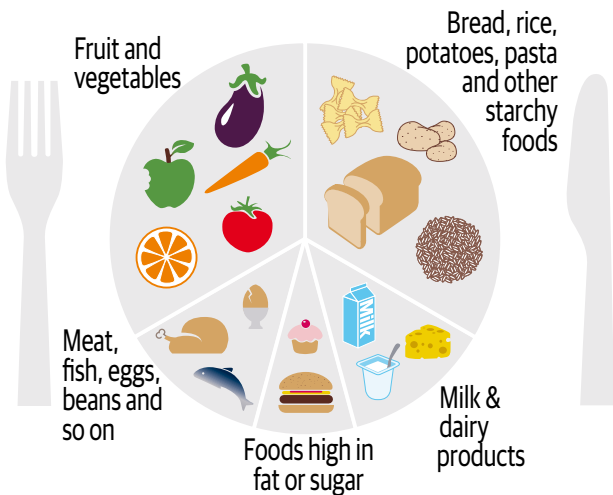
- Not doing enough physical activity.



2 Modern anti-HIV drugs do not usually make people fat.



3 People with HIV can usually follow the same healthy eating advice as everyone else. Try to eat a balanced diet.



4 Adults who want to lose weight need 45 to 60 minutes of physical activity every day.



Important points

- Most people need to eat less of the foods which are high in fat or sugar.

- You can incorporate physical activity into your daily life (for example by walking instead of driving or taking the bus).

- Modern anti-HIV drugs do not make people fat.

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POR FAVOR, FOTOCÓPIALO Y HAZLO CIRCULAR

Subvencionado por: **Generalitat de Catalunya Departament de Salut** **Ajuntament de Barcelona** **Diputació de Barcelona**
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