

Ditch the New Year's Resolution Diet

As anyone who's been to a gym in January knows, "get healthy" is a popular New Year's resolution. So it's fitting that the third week of January (the 16th–22nd this year) is National Healthy Weight Week.

[Maintaining a healthy weight](#) is one of the key ways to maintain overall good health and reduce the likelihood of conditions like high blood pressure, type 2 diabetes, heart disease, stroke, arthritis, sleep apnea, and many types of cancer.

One of the best ways to achieve and maintain a healthy weight is to eat a healthy and nutritious diet. But that doesn't mean being "on a diet"! It means finding realistic, sustainable ways to eat healthy and nutritious foods throughout your lifetime. And of course, the usual self-care entourage of exercise, sleep, and stress management play a role as well.

You don't have to