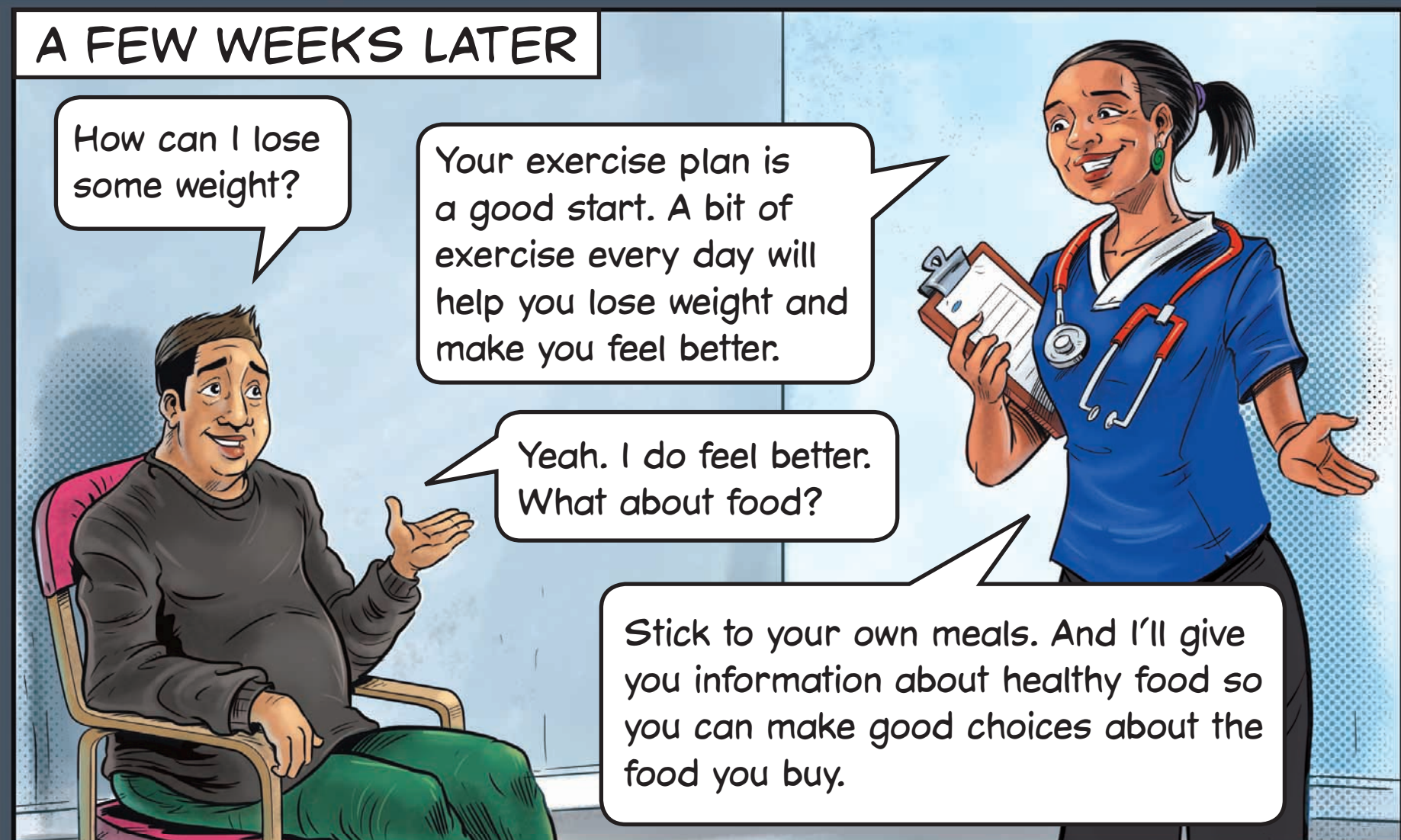
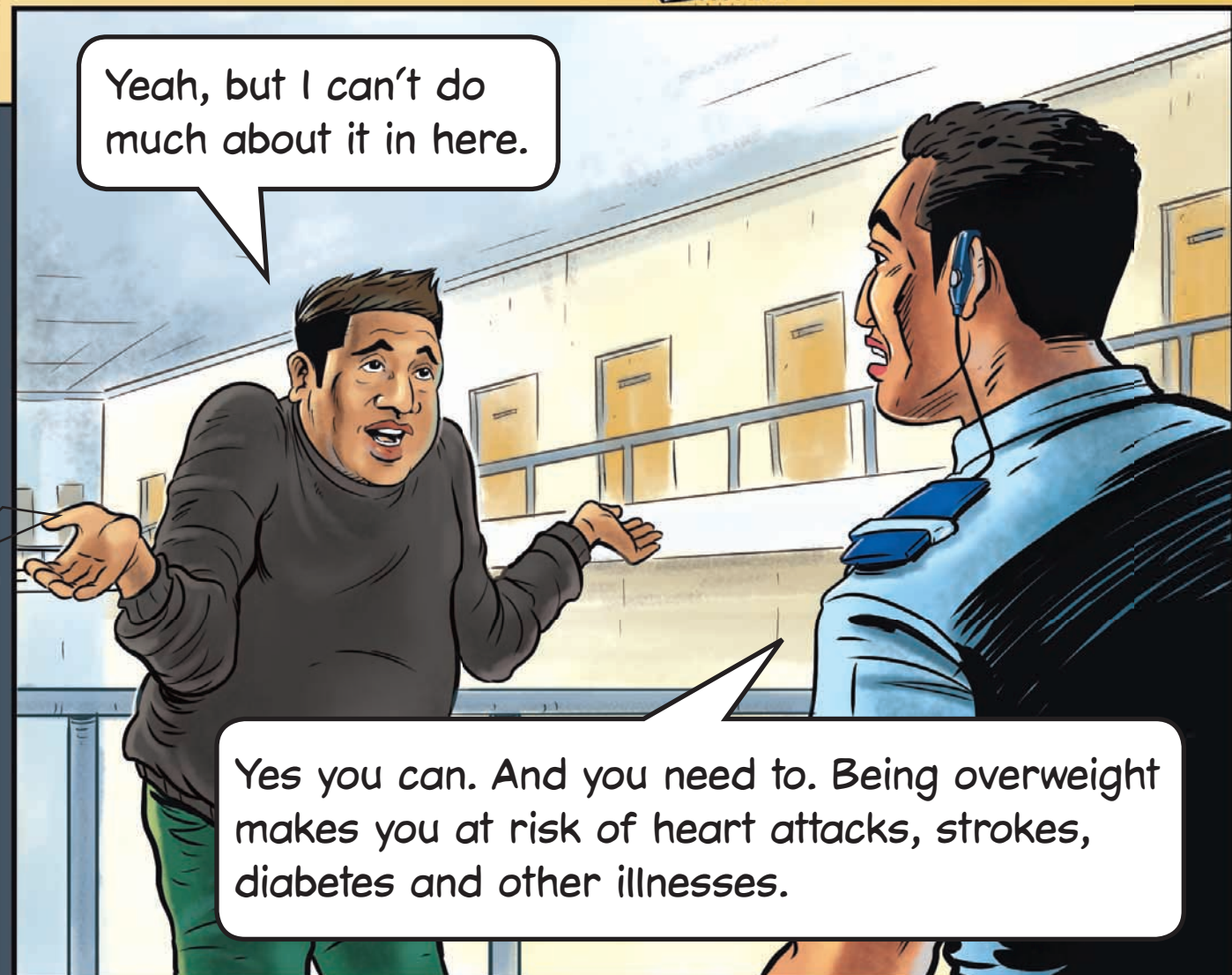
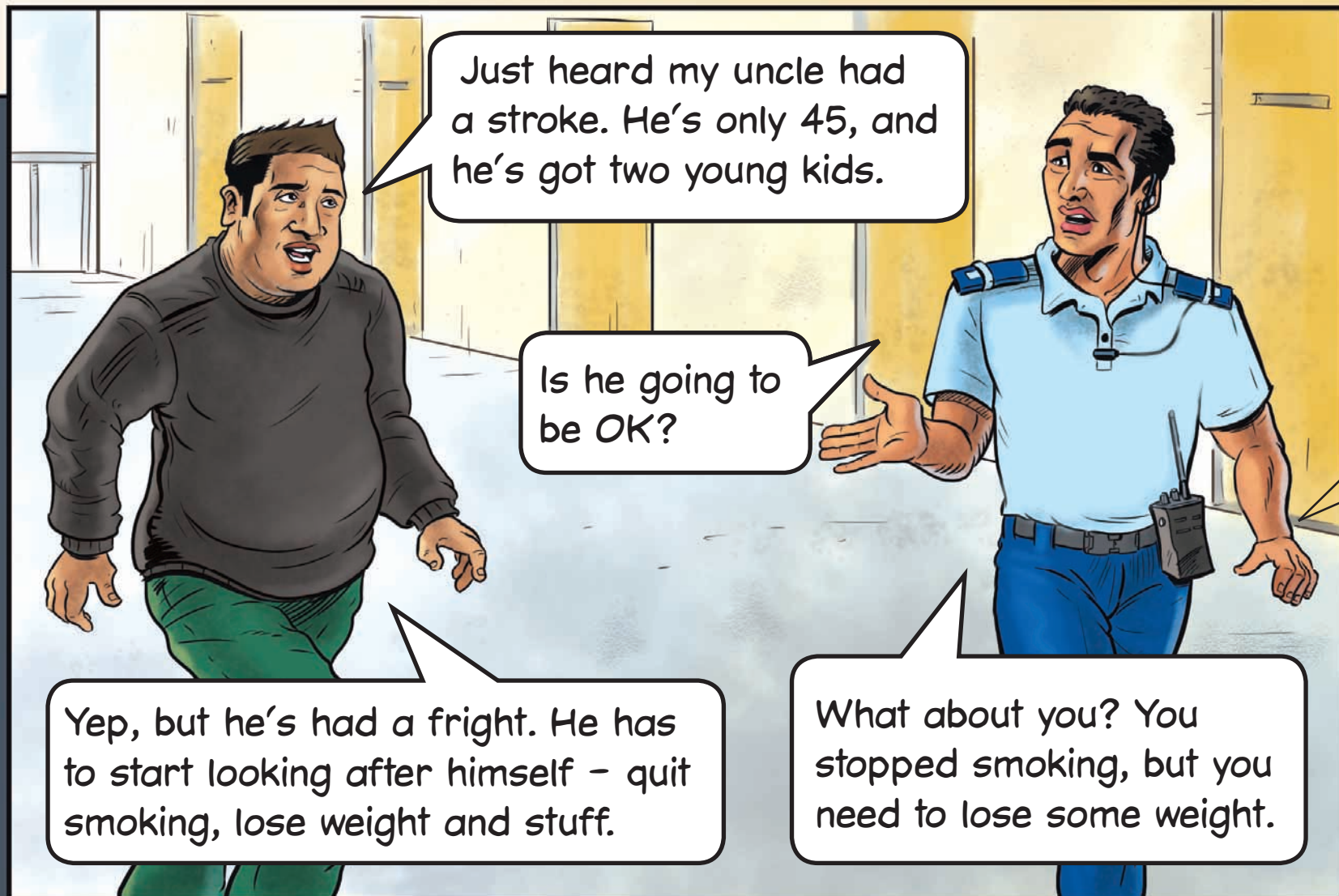


Why do I need to be a healthy weight?



Why do I need to be a healthy weight?

- Being overweight can lead to heart attacks, strokes, diabetes and other illnesses.

How can I manage my weight in prison?

- Put in a health request form (health chit) to see a nurse about your weight.
- Stick to the meals you are given. Don't eat other people's leftovers.
- Make good choices about the food you buy (on your P119 purchases). The nurse can help you learn about good choices.
- Be active every day. If you only get a short time to exercise, make it count.
- You can exercise in your cell space. Ask custody to get someone to help you work out an exercise plan.
- If you are going home soon, learn about what you can do to manage your weight at home.