

# Mission In Motion

Health & Wellness Weekly Bulletin  
January 2012—Weight Loss



## January 30, 2012—Week 5: You can't turn back the clock ...

As each year goes by it becomes a little bit harder to lose or maintain weight. Our lifestyles change, we pick up different eating habits, and our metabolism naturally slows down. If you are aware these things are happening, you can actively target weight loss and maintenance with physical activity. The more you move, the more your body will burn calories and fat and build muscle—making it even easier to lose weight.

Source: American Dietetic Association

Human Resources Dept.  
1201 E. 8th Street  
Mission, TX 78572  
956-580-8630

