

# Coping With Medical Problems

Medical problems can get in the way of managing weight. **Many medical problems will improve with weight loss.**

**Here are some tips to help you cope with medical problems:**



- Focus on what you can control. Don't dwell on your limitations. For example, you may not be able to run, but you may be able to walk.
- Make the most of every day. Don't let your medical problems own you.
- Medical problems can get in the way of doing the things you used to enjoy. Work around your limitations. Think outside the box. Also, look for new hobbies and activities.
- Being inactive is not healthy. Most people **can** be physically active despite having medical problems. Talk with your MOVE!<sup>®</sup> health care team about physical activity that is best for you.

