



# Weight Management: What You Need to Know

Your Logo Here

This brochure can help you learn more about managing weight. It doesn't replace regular medical check-ups or your health care provider's advice. Talk with your health care provider about what your healthy weight should be.

# Weight Management

## INTRODUCTION

Getting to and keeping a healthy weight can be very good for your health. Being overweight can put you at risk for many illnesses. People who are overweight are at risk for conditions like heart disease and diabetes. A healthy weight can make you feel good about yourself and give you more energy to enjoy life.

## HOW DO YOU KNOW IF YOUR WEIGHT IS HEALTHY?

Three pieces of information help you know if your weight is at a healthy level: your Body Mass Index (BMI), your waist size, and your risks for developing certain health conditions. These are all explained below.

Body Mass Index (BMI)	Waist Size	Health Risk Factors														
<p>BMI* is a tool that estimates the total fat on your body and helps to determine overweight and obesity. It works by dividing your weight (in Kilograms) by your height (in meters squared).</p> <p>You can ask your health care provider to calculate your BMI. Or you can use an online BMI calculator. For example, the National Heart, Lung, and Blood Institute (NHLBI) and the Centers for Disease Control websites both have online BMI calculators.</p> <table border="1"> <thead> <tr> <th>BMI</th> <th>Considered To Be</th> </tr> </thead> <tbody> <tr> <td>Less than 18.5</td> <td>Underweight</td> </tr> <tr> <td>18.6 to 24.9</td> <td>Normal Weight</td> </tr> <tr> <td>25 to 29.9</td> <td>Overweight</td> </tr> <tr> <td>30 and over</td> <td>Obesity</td> </tr> </tbody> </table> <p>*The BMI number is just an estimate. Talk to your health care provider about the healthiest weight for you.</p>	BMI	Considered To Be	Less than 18.5	Underweight	18.6 to 24.9	Normal Weight	25 to 29.9	Overweight	30 and over	Obesity	<p>People who have more fat around their waist than hips are at higher risk for getting illnesses connected with being overweight. This includes conditions such as heart disease and diabetes.</p> <p>The more inches around your waist, the greater the risks.</p> <p>To correctly measure your waist:</p> <ol style="list-style-type: none"> <li>Stand and place a tape measure around your middle, just above your hip bones.</li> <li>Measure your waist just after you breathe out.</li> </ol> <div style="text-align: center;"> <p><b>At Risk</b></p> <table border="1"> <thead> <tr> <th>Women</th> <th>Men</th> </tr> </thead> <tbody> <tr> <td>Waist more than 35"</td> <td>Waist more than 40"</td> </tr> </tbody> </table> </div>	Women	Men	Waist more than 35"	Waist more than 40"	<p>The list below shows health risk factors associated with being overweight. If you are overweight and have any of these, you have more risk for developing heart disease and other conditions:</p> <ul style="list-style-type: none"> <li>• High blood pressure</li> <li>• High LDL cholesterol ("bad" cholesterol)</li> <li>• Low HDL cholesterol ("good" cholesterol)</li> <li>• High triglycerides</li> <li>• High blood sugar (diabetes)</li> <li>• Family history of heart disease</li> <li>• Physical inactivity</li> <li>• Cigarette smoking</li> </ul>
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<p>■ It is recommended that you lose weight if your BMI is 25 or over</p>	<p>■ It is recommended that you lose weight if your waist size is high</p>	<p>■ It is recommended that you consult your health care provider if you have 2 or more of these health risk factors</p>														



**Even a small weight loss of 5-10% can reduce your risk of getting diseases related to being overweight.**

# More About Weight

## What causes one to be overweight?

There are different reasons why people may be overweight or obese. These include:

- Consuming excess calories
- Eating the wrong types of food
- Not getting enough exercise
- Having an illness that leads to weight gain
- Medications that may cause weight gain
- Family history

For most people to keep a healthy weight, there is a need to have a balance of calories going in and out, over time.

The amount of calories that you eat and drink should be the same as the amount of calories your body needs to function and be physically active.

Calories (What You Eat & Drink)	Result
S A M E as the calories used (what you burn with activity)	Weight Stays the Same 
M O R E than calories used	↑ Weight goes up
L E S S than calories used	Weight goes down ↓

## Being overweight can affect your health

Being overweight or obese is more than about the way you look. Many serious medical conditions have been linked to being obese.

- These conditions include:
- Heart disease
  - High blood pressure
  - High cholesterol
  - Stroke
  - Diabetes
  - Osteoarthritis

## How can you set goals for a healthy weight?

Talk to your health care provider. Together you will decide what weight goals will work best for you. Set realistic goals that will be safe and easy to accomplish.

### Sample goals:

- Losing 5-10% of your total body weight over the next 6 months
- Losing no more than 1-2 pounds per week



## How can you lose weight?

If you want to lose weight and keep it off, change your overall lifestyle and behaviors. Healthy eating and routine physical activity can help you reach your goals. Simply put—eat less and move more.

Eating habits can be very difficult to change. Avoid fad diets or gimmicks that promise “quick weight loss”—the results don’t usually last or help you maintain a healthy weight.

*The key to success is making permanent lifestyle changes that will lead to a better healthier you.*

# Focusing on Healthy Habits

## Healthy Eating Plan

A healthy eating plan will give your body the nutrients it needs without all the extra calories. A healthy eating plan will decrease your risk of heart disease and high blood sugar. Healthy eating focuses on:

- Fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Lean meats, poultry, fish, beans, eggs, and nuts
- Foods that are low in saturated fats, trans fat, cholesterol, salt (sodium), and added sugars
- Controlling portion sizes

Healthy eating also means being aware of the amount of calories you eat each day.



## Physical Activity

*The more you move, the more you will lose!* Healthy eating, along with increased physical activity, will help you lose the weight and keep it off. It will also lower your risk of certain conditions like heart disease and diabetes.

Different people may need varying levels and duration of physical activity to lose weight safely and effectively. Talk to your health care provider about what exercise program will work best for you.

- Some people can reach their weight loss goals by doing **30 minutes** of moderate intensity activity (like brisk walking) at least **5 days a week** (or 2 ½ hours a week)
- Some people may need to do **60 minutes** of moderate intensity activity at least 5 days a week (or 5 hours a week)

## Tips for increasing your activity



- ✓ Limit TV, computer and video game time
- ✓ Schedule family exercise time
- ✓ Get an exercise video or equipment to use at home
- ✓ Walk the dog
- ✓ Do errands by foot or bike
- ✓ Take the stairs instead of the elevator
- ✓ Park farther away or get off the bus a few stops early and walk the rest of the way
- ✓ Join a walking group, aerobics class, sports team, local pool, gym or community center

Weigh yourself regularly, at least once a week



## ... To Keep a Healthy Weight

- **Eat well.**

Choose a wide variety of foods and eat balanced meals. Limit foods high in saturated fat. Choose lean meats. Trim visible fat from meats and skin from poultry. Use lower-fat cooking methods—baking, broiling, roasting, stewing and steaming. Avoid fried foods. Watch out for added fats from margarine, mayonnaise and salad dressing. Eat less added sugar and desserts. Avoid high-calorie beverages like sodas, fruit juices, and alcohol.
- **Be active.**

Try making exercise something you do every day. Aim for at least 30 minutes of moderate activity, such as brisk walking, on most days of the week. If your goal is to lose weight, you may benefit from doing as much as an hour or more of activity per day. Start slowly, and steadily increase your daily activity level.
- **Be aware and plan.**

At home, eat only while sitting down at the table. Stay out of the kitchen unless you are preparing food. Keep tempting foods out of sight. Make healthy snacks available. Chew gum or brush your teeth after meals, so you're less likely to keep eating. Keep a daily food journal. You can track calories using a handheld device, online programs, or good old fashioned paper and pencil!
- **Monitor your progress.**

Check your weight regularly—at least once a week—and keep a record.
- **Do not skip meals.**

Start the day with a healthy breakfast. Eating at least 3 meals a day helps your body have the energy it needs and prevents hunger and overeating.
- **Control your portion size.**

Use smaller plates, bowls, and glasses. Take a small amount of a variety of foods. Avoid “second helpings.”
- **Eat only when you are hungry.**

Avoid eating to relax, or because you are bored or stressed. Instead, take a walk or do something you enjoy.
- **Drink water.**

People who drink plenty of water are more likely to lose weight. Drink 6 to 8 glasses of water each day.
- **Be a smart shopper.**

Use a list and avoid shopping when you are hungry. Buy fruit, whole grains, vegetables, seafood, chicken and lean cuts of meat. If you eat dairy products, buy fat-free or low-fat versions.
- **Be careful when eating out.**

When you eat out, choose soup and salad or smaller dishes that are low in fat. Ask for sauces and dressings on the side. If portions are large, share a plate or take half home. Ask for healthy menu choices.
- **Snack for better health.**

Enjoy fresh fruit, vegetables, or fat-free light yogurt or cheeses instead of packaged snacks.

## Why is losing weight important?

**Are you overweight? Losing extra pounds can improve your health.**

There may be many reasons why you're thinking about losing weight.

- You can feel better.
- You can have more energy.
- You will be able to climb stairs and not feel out of breath.
- You may feel more relaxed in your clothes.
- You can lower your chances of getting heart disease, diabetes, or high blood pressure.
- You can have fewer problems with your diabetes and arthritis.

**Being overweight causes many health problems.**

- You are more likely to have diabetes or heart problems.
- The extra weight makes your heart work harder.
- It makes it harder on your knees and back.



**How do you get started?**

Choose from the following to get started. There are many ways to begin your healthy plan to lose weight. Make one small change at a time.

- Eat foods that are less fatty or oily.
- Eat smaller portions.
- Eat more vegetables.
- Eat fruits.
- Be more active.
- Have a physical activity plan.

## Make a plan for what you will do to lose weight or manage your weight.

Being active and eating healthy are the keys to losing weight. Here are some things to keep in mind:

- **Plan to lose weight slowly.**  
Your goal should be to lose about half a pound to 2 pounds a week, until you reach a healthy weight. Most people who lose weight quickly gain it back.
- **Set a date to get started.**  
Write it down. Tell other people.
- **Make it easy.**  
Find new and healthy ways to eat foods that make life easy and pleasant for you. Eat low-fat versions of the foods you like.
- **Drink plenty of water every day.**  
Keep a water bottle with you.

**Reasons to reach your goal.**  
**Did you know ...?**

- Losing weight will help you control your:
  - Cholesterol
  - Blood pressure
  - Blood sugar (if you have diabetes)
- Most of all, it can help you feel better.

Once you get to a healthy weight, try and help a friend or family member who also needs to lose weight. That way you can help each other.

# Action Plan for Losing or Managing Weight



Check off items from the list below that you will be able to change or improve. Or you can write in your own action items.

Seek to achieve a peaceful frame of mind.

Think about what makes you tired, sad, worried, or angry. These things can make it harder for you to take good care of yourself. Look for healthy ways to get into a peaceful frame of mind.

Learn to enjoy the taste of healthy food.

Step by step, you can teach your mouth to enjoy less sugar, less salt, and less fat. Try healthy versions of foods that you and your family like.

Keep healthy foods in the house.

If you run out of foods you need, you may begin to eat unhealthy foods. If you live with your family, ask them to help you keep the foods you need to lose weight. Reduce or limit unhealthy foods in the house.

Avoid temptation.

Plan ahead. Avoid things that will keep you from your plan; don't go into a bakery if you know that it tempts you.

Never skip meals.

Not eating on time is very dangerous if you have diabetes or take medicine. It can also make you eat much more when you do decide to eat. Eat on time, eat a little, and enjoy it.

Learn to enjoy the feel of moving about.

Walk. Then walk faster. Then walk farther. Climb stairs. Dance. Enjoy!

Make sure you get your fluids.

Speak to your health care provider about how to incorporate fluids into daily activities.

Try on clothing to check your progress.

Find one piece of clothing you would like to fit into. Try it on every week. When you can fit into it, you know you are losing weight. Keep this up after you lose the weight, to manage your weight. Reduce or limit unhealthy foods in the house

Other

## Take steps today to stay healthy

Chose what you will do to get started.

Make a plan to lose weight.

1. Are the items that you have chosen achievable?  Yes  No

2. What will you do to make these changes? \_\_\_\_\_

3. When will you make these changes? \_\_\_\_\_