Achieving a Healthy Weight
Assessing your weight

- Body Mass Index (BMI) is a good indicator of your body fat. It takes into account your height and your weight.

- BMI less than **18.5** is "underweight."
- BMI between **18.5** to **24.9** is a “healthy weight.”
- BMI between **25.0** to **29.9** is “overweight.”
- BMI of **30.0** or higher is “obese.”
Calculate your BMI

[Graph showing BMI (Body Mass Index) calculation based on height and weight, indicating healthy weight, overweight, and obese ranges.]
Assessing your weight

- Waist Circumference is another measure of body fat.
- Your pants size is not an accurate measure of your waist circumference.
- How to measure: Place a tape measure around your bare abdomen just above your hip bone. This is usually the largest circumference of your abdomen.

- If you are a man with waist circumference > 40 inches or a woman with waist circumference > 35 inches, you have an increased risk of developing Type 2 diabetes, high cholesterol, high triglycerides, high blood pressure and coronary artery disease.
How much weight loss is healthy?

- Shoot for 1-2 pounds per week
- People who lose weight gradually and steadily have more success at keeping the weight off
- Fad diets like “Atkins” or “Southbeach” can lead to short term weight loss but they are unsustainable and unhealthy. Often, these diets cause a rebound weight gain after the diet ends.
- Lifestyle changes are much more important than “diets” or weight loss “programs”
Calorie Balance

- One pound = 3,500 calories.
- In order to lose 1-2 pounds per week you must reduce your caloric intake by 500-1000 calories per day.
- For example, if you have average an 2,500 cal. diet, you must burn about 3,000 cal. each day to have a net loss of 500 calories.
- Or you could reduce your intake to 2,000 cal/day and then you only have to burn 2,500 cal/day.
How many calories do I need?

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Improve your eating habits

- **Reflect, Replace, Reinforce!**
- **Reflect**
  - Keep a food diary to help you uncover your eating habits. For example, you may always skip breakfast and feel very hungry at lunch leading to overeating.
  - Create a list of food triggers
    - Examples: Television, Stress, Walking past the break room at work, feeling bored, feeling depressed.
  - Highlight and note the bad habits
    - Examples: Eating too fast, always eating dessert, eating when you are not hungry, skipping meals, eating standing up
Improve your eating habits

- Replace!
- Once you have figured out what your cues for eating are, you can try to avoid them.
  - Example: If the breakroom at work is filled with junk food, try bringing your own healthy snacks
- Replace your unhealthy habits with better ones
  - Example: If you eat too fast, try to pay attention to each bite and slow it down.
  - If you eat when you are bored try a different activity such as talking a walk or calling a friend.
Reinforce!

Getting rid of bad habits is really hard. Give yourself time to readjust.

If you find yourself falling back into the same pattern, take a minute and ask yourself: Why do I do this? When did it start? What changes do I need to make?

Don’t give up!
Physical Activity

Most weight loss occurs because of decreasing food intake. However, the only way to maintain this weight loss is by regular physical activity.

Regular exercise has other benefits outside of weight loss, including:

- Reduces blood pressure
- Reduces risk for diabetes, heart attack, stroke, and some cancers
- Reduce arthritis pain and disability
- Reduce risk for osteoporosis and falls
- Reduce symptoms of depression and anxiety
Physical Activity

• How much is enough?
• To maintain a healthy weight you need
• 150 minutes of moderate-intensity aerobic activity
  OR
• 75 minutes of vigorous-intensity aerobic activity per week.
  AND
• Include at least 2 days of strength building activity.
Keeping the weight off!

1. Watch your diet
   - Have a healthy and realistic eating pattern.
   - Eat consistently
   - Eat breakfast everyday

2. Be active
   - Get daily physical activity. Shoot for 60-90 minutes of activity most days of the week

3. Stay on Course
   - Monitor diet and activity. Keep journals and look for patterns.
   - Monitor your weight
   - Get support from family and friends. Having others around you who are also trying to lose weight can keep you motivated.