

Achieving a Healthy Weight

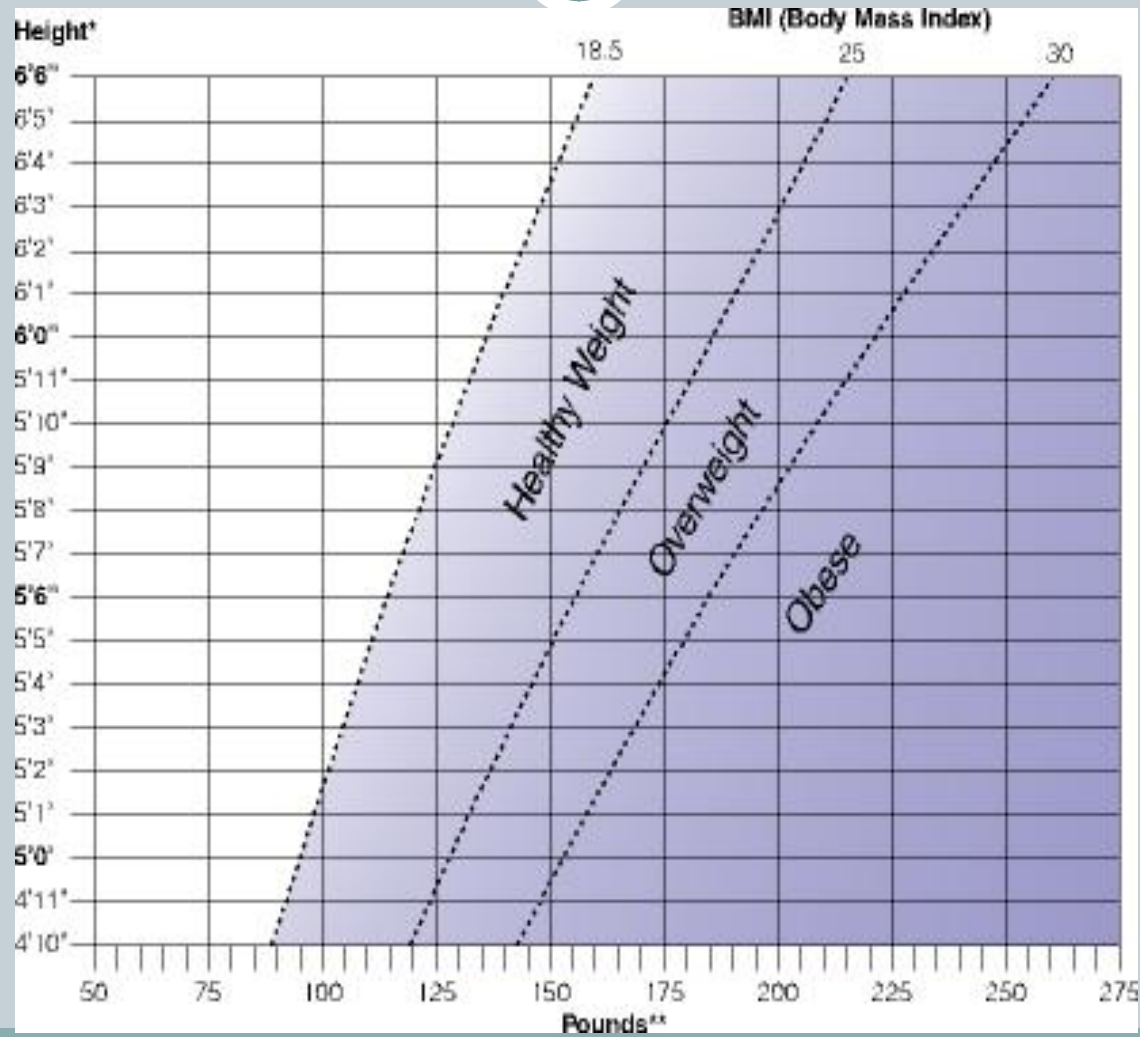


Assessing your weight



- 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



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?



| Gender | Activity Level ^{b,c,d} | | | |
|--------|---------------------------------|------------------------|--------------------------------|--------------------------|
| | Age (years) | Sedentary ^b | Moderately Active ^c | Active ^d |
| Child | 2-3 | 1,000 | 1,000-1,400 ^e | 1,000-1,400 ^e |
| Female | 4-8 | 1,200 | 1,400-1,600 | 1,400-1,800 |
| | 9-13 | 1,600 | 1,600-2,000 | 1,800-2,200 |
| | 14-18 | 1,800 | 2,000 | 2,400 |
| | 19-30 | 2,000 | 2,000-2,200 | 2,400 |
| | 31-50 | 1,800 | 2,000 | 2,200 |
| | 51+ | 1,600 | 1,800 | 2,000-2,200 |
| | Male | 4-8 | 1,400 | 1,400-1,600 |
| 9-13 | | 1,800 | 1,800-2,200 | 2,000-2,600 |
| 14-18 | | 2,200 | 2,400-2,800 | 2,800-3,200 |
| 19-30 | | 2,400 | 2,600-2,800 | 3,000 |
| 31-50 | | 2,200 | 2,400-2,600 | 2,800-3,000 |
| 51+ | | 2,000 | 2,200-2,400 | 2,400-2,800 |

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.

Improve your eating habits



- 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.