



Aim for a Healthy Weight

Maintaining a healthy weight can reduce your chances of developing heart disease in several ways including directly reducing your risk and reducing other risk factors such as High Blood Pressure, High Cholesterol and Diabetes. Maintaining a healthy weight can also help you feel better by contributing to better sleep, less pain, and more energy. Even a small weight loss will help to lower your risk of heart disease and other serious health conditions.

When it comes to weight loss there are no quick fixes. Successful, lasting weight loss requires a change of lifestyle. Aim to lose ½ to 2 pounds per week – no more. If you have a lot of weight to lose, ask your doctor, a registered dietitian, or a qualified nutritionist to help you develop a sensible plan for gradual weight loss.

To take off pounds and keep them off you will need to make changes in both your eating and physical activity habits. Weight control is a question of balance. You take in calories from the food you eat. You burn calories by physical activity. Cutting down on calories, especially calories from fat, is key to losing weight. Combining this change in diet with a regular physical activity program, such as walking or swimming, can help you shed pounds and stay trim for the long term.

Getting started

Anyone who has ever tried to lose weight – and keep it off- knows that it can be quite a challenge. Here are some tips to help you succeed:

Eat for health. Choose a wide variety of low-calorie, nutritious foods in moderate amounts. Include plenty of vegetables, fruits, whole grains, and skim milk as well as fish, lean meat, poultry or beans. Choose foods that are low in fat and sugars and choose sensible portion sizes.

Watch calories. If your body mass index (BMI) is 27 to 35, a decrease of 300 to 500 calories per day will result in a weight loss of about ½ to 1 pound per week and a 10% weight loss in 6 months. If your BMI is 35 or higher cutting 500 to 1,000 calories per day will lead to weight loss of about 1 to 2 pounds per week and a 10% weight loss in 6 months. (See BMI chart at the end of this article)

Keep milk on the menu. Dairy products are rich in calcium, a nutrient that helps to prevent the bone-thinning disease of osteoporosis. Choose low fat or nonfat dairy products, which have the same amount of calcium but less fat and calories than whole milk. Make the switch gradually, If you are used to drinking whole milk first try a mix of whole milk and 2%, then move to all 2%, then move to a mix of 2% and 1%, etc.

Keep moving. Physical activity is key to successful, long-term weight loss. It can help you burn calories, trim extra fat from your waist, and control your appetite. It can also tone your muscles and increase aerobic fitness. Start slowly and gradually build up to at least 30 minutes of physical activity three days a week.



Aim for a Healthy Weight

Forget the fads. Fad diets are not the answer. As tempting as they may be, most quick-fix diets provide poor nutrition and cause side effects. Although fad diets can produce fast results most of the weight loss is due to water loss. The weight returns quickly once you stop dieting.

Know about medicines. If you are overweight and have other weight-related risk factors or diseases your doctor may advise you to take a medicine to help you lose weight. You should use a weight-loss drug only after you have tried a low-calorie diet, increased your physical activity and made other lifestyle changes for 6 months without losing weight. Because weight-loss medicines have side effects, you should consider all the risks and benefits before trying them. These drugs should be used alongside a low-calorie eating plan and regular physical activity.

Get support. Tell your family and friends about your weight loss plans and let them know how they can be most helpful to you. Some people also find it helpful to join a structured weight loss program. The most effective groups provide support and advice for permanently changing eating and physical activity habits.

Lock in your losses. After 6 months of gradually losing weight, switch your efforts to keeping the weight off by continuing to eat a nutritious, lower-calorie diet and getting regular physical activity. After several months of weight maintenance, talk with your health care provider about whether you need to lose additional weight.

SIX SECRETS TO SUCCESSFUL WEIGHT MANAGEMENT

Here are a few tips for getting – and staying- in a healthy weight mindset:

Set good goals. Many people set unrealistic goals for the amount of weight they want to lose. You can improve your health by losing just 5 to 10% of your starting weight. While you may choose to lose more weight later, keep in mind that this initial goal is both realistic and valuable. It's important to set goals that are specific, achievable and forgiving. For example, "exercising more" is a fine goal, but it's not very specific. "Walk 30 minutes every day" is specific and perhaps achievable. But what if you get sick one day or there's a drenching rainstorm another day? "Walk 30 minutes, 5 days each week" is specific, achievable, and forgiving. A great goal!

Build on success. Rather than select one big goal, choose a series of smaller goals that bring you closer and closer to your larger goal. For example, if one of your big goals is to reduce your daily calories from 2,000 to 1,200 first reduce your calories to 1,700 then move to 1,400 and finally to 1,200. When you experience success at reaching a small goal, it will motivate you to keep moving toward your larger ones.

Reward yourself. Rewards that you control can encourage you to achieve your goals. An effective reward is desirable, timely (something you don't put off giving

Aim for a Healthy Weight

yourself) and dependent on meeting your goal. The reward you choose may be something you buy for yourself or an act of self-kindness, such as an afternoon off from work or an evening spent with a friend. Avoid food as a reward. It usually works better to give yourself frequent, small reward for reaching short-term goals than bigger rewards that require long, difficult effort.

Write it down. Regularly record what you do on your weight loss program, such as your daily calorie intake and exercise sessions, as well as changes in your weight. When you keep track this way it can help you and your health care provider determine what behaviors you want to improve. Keeping tabs on your progress can also help you stay motivated. (Try to weigh yourself at the same time of day once or twice a week).

Know your triggers. To lose weight successfully you need to be aware of your personal eating “triggers”. These are the situations that usually bring on the urge to overeat. For instance, you may get a case of the munchies while watching TV, when you see treats next to the office coffeepot, or when you’re with a friend who loves to eat. To “turn off” the trigger you’ll need to make a change in the tempting situation. Example: If treats next to the office coffeepot are hard to resist exit the area right after you pour your coffee.

The fine art of feeling full. Changing the way you eat can help you to eat less without feeling deprived. Eating slowly can help you feel satisfied sooner, and therefore avoid second helpings. Eating a lot of vegetables and fruits, and drinking plenty of noncaloric beverages can also make you feel fuller. Another trick is to use smaller plates, so that moderate portions don’t seem skimpy. It also helps to set a regular eating schedule, especially if you tend to skip or delay meals.

Exercise – Move it and Lose it

Activity	Calories burned Per Hour *
Walking, 2 mph	240
Walking, 3 mph	320
Walking, 4.5 mph	440
Bicycling, 6 mph	240
Bicycling, 12 mph	410
Tennis, singles	400
Swimming, 25 yds per minute	275
Swimming, 50 yds per minute	500
Hiking and Backpacking	408
Jumping Rope	750
Jogging, 5.5 mph	740
Jogging, 7 mph	920

For a 150-pound person, a lighter person would burn fewer calories, a heavier person burns more.



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Body Mass Index (BMI) Table

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
<i>Height</i>	<i>Weight (in pounds)</i>																
4'10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11" (59")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5' (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5" (65")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8" (68")	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11" (71")	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6' (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung, and Blood Institute (NHLBI)

Healthy weight ranges would be any weight that is a BMI of less than 25 for that height. Overweight ranges would be any weight that is a BMI of 25 - 29 for that height. Obese would be any weight that is a BMI of 30 or above for that height. Underweight ranges would be any weight less than the ones on the chart.