

Healthy Weight Maintenance

Carrying excess weight is associated with many of the leading causes of death in the United States, including heart disease, stroke, and type 2 diabetes. You can help prevent or delay some of these if you take action to manage your weight now! Even if your numbers look good (ie. Total cholesterol, blood pressure), weighing more than you need to puts strain on your body and organs and can catch up with you before you know it.

Did you know?

It takes approximately 20 min. for your brain to get the message that you are full. Eat slowly or wait 20 min. before going back for seconds.

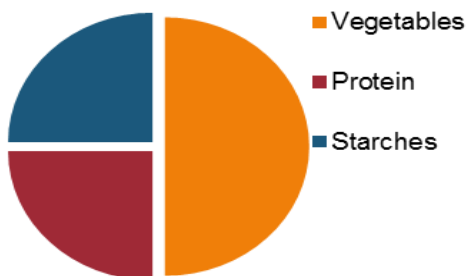
Not drinking enough water can slow your metabolism.

Weight Maintenance Tips

A few basic strategies can help you reach and maintain a healthy weight.

1. Eat breakfast daily.
2. Weigh weekly.
3. Move as much as possible.
4. Don't skip meals.
5. Manage your stress effectively.
6. Get plenty of sleep.
7. Drink water.
8. Eat a well-balanced diet.

Set up your plate like this:



Aim for a sensible rate of weight loss. Although you may lose more at first, you should lose an average of about 2 lb./week after the first month or so.

The American College of Sports Medicine recommends that adults participate in the following:

- 20 – 30 min. moderate intensity exercise 5 days/week or 20 – 30 min. vigorous intensity exercise 3 days/week.
- Weight training 3 times/week addressing all major muscle groups.
- Stretching 2 – 3 days/week.

Weight Loss/Maintenance
= 80% diet, 20% exercise



Healthy Weight Maintenance

Why is weight management important?

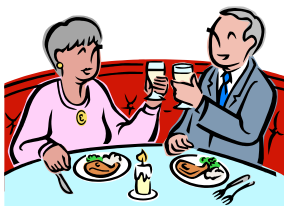
In addition to helping you feel and look better, reaching a healthier body weight is good for your overall health and well being. If you are overweight or obese, you have a greater risk of developing many diseases including type 2 diabetes, heart disease, and some types of cancer.

The secret to success is making changes and sticking with them.

•**First - Assess what you're eating and drinking.** This a key step in managing your weight.

•**Next - Find out what to eat and drink.** Get a personalized Daily Food Plan by visiting *choosemyplate.gov* to help guide your food choices.

•**Then - Make Better Choices.** Everyone is different. Compare what you eat and drink to what you should eat and drink. The ideas and tips in this section can help you make better choices, which can have a lasting impact on your body weight over time.



To eat out without blowing your calorie budget, there are three things to think about:

1. **WHAT** you are eating and drinking,
2. **HOW MUCH** you are eating and drinking, and
3. **HOW** your meal is prepared.

Do the Math!

Weight Loss:

Calories in < Calories out

Weight Gain:

Calories in > Calories out

Weight Maintenance:

Calories in = Calories out

Don't Get Discouraged!

Most people gain weight slowly over time, even years. Chances are that you gained weight slowly over time, and it will take time to lose your excess body weight. You will be more successful at keeping weight off if you lose it gradually and not over a short period of time.

You don't have to reach a healthy body weight to start experiencing improvements in health. Losing 5% to 10% of your current body weight can have health benefits.

If you would like to discuss the lifestyle changes needed to make healthy changes for your life in the new year, please contact the wellness center to set up an appointment. We are eager to help you pursue your health and wellness and will be happy to make recommendations and follow you in your progress! Call us at (706)723-6015 to set up an appointment.