

MANAGING YOUR WEIGHT IN 2015...NEW YEAR, NEW YOU!

The beginning of the New Year is often considered a time for change and personal growth. For many, this can bring about personal resolutions of striving to maintain a healthy weight. With countless trending fad diets and a never-ending supply of inconsistent information, it can be hard to determine how to best lose or manage your weight. The helpful tips below can assist you in achieving your weight loss goals the healthy way.

1) Causes of Being Overweight or Obese

According to the Centers of Disease Control and Prevention (CDC), one-third of American adults are considered obese. Factors that contribute to this problem include unhealthy dietary choices and lack of physical activity. Fortunately, through lifestyle modification, healthy weight management can be achieved.

2) Risks of Being Overweight or Obese

The risk of developing many conditions and disorders can be caused by being overweight or obese. Common examples include: coronary heart disease, stroke, type 2 diabetes, and high blood pressure. Additionally, certain types of cancers, breathing disorders, osteoarthritis, and liver or gallbladder disease can occur.

3) Determining Your Weight

Before setting a goal to lose weight, it is necessary to know what you weigh currently. One of the most common weight assessment tools used is the body mass index (BMI) calculator. Once the BMI score is determined, it can fall into one of four categories. The table below defines each category.



BMI Index Chart

RANGE	CATEGORY
less than 18.5	underweight
18.5 – 24.9	normal/healthy
25.0 – 29.9	overweight
30.0 or greater	obese

It is important to note that the BMI scale is a general guideline and does not necessarily apply to everyone. Remember to always speak to your physician to determine your personal weight goal.

4) Losing and Maintaining a Healthy Weight

Generally speaking, weight loss occurs when more calories are converted into energy, or “burned off”, than are consumed. Therefore, eating right and exercising are the two crucial components for successful weight loss and management.

Healthy eating habits: Eating a well-balanced and nutritious diet on a regular basis is a necessary step in healthy weight management. Planning out your meals and cooking at home more often can decrease your calorie intake, therefore increasing your weight loss. Examples of healthy foods are listed below.

- fresh fruits and vegetables
- low-fat or fat-free foods containing calcium (yogurt, cheese, milk, etc.)
- lean meats (chicken, fish, etc.)
- whole grains

Regular physical activity: In addition to decreasing calorie intake, increasing physical activity can assist with weight management. Per the CDC, most adults require 150 minutes of moderate to vigorous physical activity per week to maintain a healthy weight. Brisk walking, casual biking, or running are all examples of healthy exercise.



5) Staying Motivated

Staying motivated can be the most challenging part when trying to lose weight. Below are some encouraging tips that can assist you with keeping on track.

Make realistic goals: Speak with your doctor to determine a healthy weight loss goal, diet plan, and exercise regimen.

Reward your successes: When you reach your goals, don't forget to reward yourself after all of your hard work with something healthy you enjoy.