

Motivation to Move More

Starting an exercise program is usually easy. Sticking with it is the tough part. These tips can help you stay motivated:

- 1. CHOOSE** a morning routine. It will help you wake up (without a second cup of coffee), and you'll get it done before daily obligations get in the way.
- 2. BUDDY** up for exercise or join a group. You're more likely to stick with a new workout routine and keep off the lost pounds.
- 3. ENJOY** your activity. Don't like pounding the treadmill day after day? Your equipment may soon turn into a clothes rack. **Consider your options:** Join a sports team, take dance lessons or find a weekend walking, hiking or biking group.

Important: Check with your health care provider before starting an exercise program if you're over 40, overweight, smoke, have been inactive and plan vigorous exercise, or you have an ongoing health problem.

The **500** Rule

To lose a pound of fat in a week, take in an average 500 calories less or burn 500 calories more per day than you already do now. Try a combination of eating a little less and exercising more.

Approximate calories burned per hour by a 150-pound person:

- Raking leaves: 222
- Mopping floors: 252
- Walking, normal pace: 330
- Aerobic dancing: 420
- Swimming: 522



More Weight-Control Tips

- **Eat breakfast.** Skipping breakfast often results in binge eating later in the day. Eight out of 10 successful dieters eat breakfast as well as smaller meals and snacks throughout the day. **Good start:** a whole-grain cereal with fruit.
- **Count your calories.** You need to burn more calories than you take in. Read nutrition labels to know what you're getting per serving.
- **Soothe emotions without food.** If you tend to eat when you are bored, angry, lonely or stressed, find other ways to cope. Call a friend, volunteer your time, watch a funny movie or — your best option — exercise.
- **Try daily weigh-ins.** They can help keep you focused on your goal. But remember, your weight can fluctuate by a pound or two from morning to night. **Tip:** Weigh yourself first thing in the morning.
- **Learn your body's signals.** Don't eat when you're not hungry and stop eating before you feel full.
- **Take your time eating.** Expect about 20 minutes for your brain to receive the signal that you're full. Gulping food quickly can lead to overeating. **Strategies:** Put down your fork between bites ... chew slowly ... savor each flavor and texture.
- **Get a head start.** Eat a healthy snack and drink a large glass of water or nonfat milk before a restaurant meal or party to satisfy some of your appetite and help you resist overeating.
- **Reward yourself.** Celebrate calories burned or pounds lost by enjoying a non-food related award. You'll motivate yourself to make healthy changes a permanent part of your life.



MANAGING YOUR WEIGHT

HOW TO ACHIEVE AND MAINTAIN A HEALTHY WEIGHT



WHY MANAGE YOUR WEIGHT?

Aside from looking and feeling better, maintaining a healthy weight reduces your risk of serious health problems, including heart disease, high blood pressure, diabetes and some cancers. Plus, controlling your weight can help you feel more in control of your life.

Even if you don't need to lose weight, you'll still benefit from the healthy weight habits in this brochure. Read on.



3 Basic Weight Principles

- 1. Weight is determined by many factors**, including those you inherited, such as height, body shape and metabolism. Focus on the factors you can control — diet and exercise — and make changes that can last a lifetime.
- 2. Quick weight-loss diets don't work long term for most people**, especially diets that severely restrict calories. Start by simply eating smaller portions of the foods you usually eat.
- 3. Taking in more calories than you burn causes you to gain weight.** Exercise combined with a sensible diet is the healthiest way to lose extra pounds. Reason: Weight lost through exercise may be easier to keep off.

Where's Your Weight?

Research shows that weight around the waist might be the most dangerous to your health. According to the National Institutes of Health, a waist larger than 40 inches for men and 35 inches for women increases the chances of developing heart disease, cancer and other chronic diseases. Abdominal fat also increases the risk of diabetes, high blood pressure, increased LDL (bad) cholesterol, decreased HDL (good) cholesterol, stroke and hardening of the arteries.

Shopping for a Weight-Loss Program?

You've probably seen the advertisements promoting weight loss programs that make big promises. Before you sign up, consider this advice:

Weight-loss programs have advantages:

- ✓ Many reputable programs employ experienced **counselors** who can help you manage the emotional side of eating and help keep you motivated.
- ✓ A **group setting** can provide ongoing support.
- ✓ Some programs provide **recipe ideas**, shopping lists, **exercise programs** and other helpful tools.

What to avoid:

- ✗ Programs that require you to buy and eat **expensive prepackaged food**. These meals don't

prepare you for **planning and cooking healthy, weight-friendly meals on your own**. This makes long-term weight loss difficult to maintain.



- ✗ Plans that suggest eating **only certain foods or specific combinations of foods**. You may lose a lot of weight quickly but an **unreasonable eating plan** is hard to follow long term.

- ✗ Programs that require you to take **herbal supplements** or large doses of vitamins. Talk with your health care provider before taking these products.

- ✗ Plans that focus on **diet alone**, without an exercise component. Physical activity can help you achieve lifelong weight control and good health.

Common Dieting Mistakes

- **Replacing carbohydrates with protein.** Drastically cutting carbohydrates may lead to weight loss initially. But evidence is incomplete about how these diets affect long-term weight loss or overall health. Plus, eating mostly protein-rich foods usually means more saturated fat and cholesterol in your diet, which both contribute to cardiovascular disease.

Tip: Successful weight managers get most of their calories from wholesome carbohydrates, favoring fruits, vegetables and other high-fiber foods. They limit fat to less than one-third of their total daily calories.

- **Cutting fat and forgetting calories.** Even though the percentage of fat in the American diet has dramatically declined, the obesity rate continues to rise. People tend to eat larger portions of low-fat foods because they consider these foods more healthful. Trouble is, they tend to forget that the calories from carbohydrates and sugars really add up. Low fat doesn't necessarily mean low calorie.

- **Sitting around too much.** There's no magic food or pill that makes you lose weight — it takes sensible eating and exercise. Adding just 30 minutes of physical activity to your day offers health benefits; 10-minute fitness sessions add up too. **Fact:** The National Weight Control Registry reports that people who successfully lose weight and keep it off exercise 60-90 minutes a day, with walking being the No. 1 activity.



Tips for Success

- **Slow and steady.** Set realistic goals and take small steps.
- **Eat fewer calories.** Downsize portions and recognize when your body feels full.
- **Watch white foods.** White sugar, white breads, white rice ... these foods can cause rapid blood sugar changes, which may contribute to weight gain.
- **Move more.** Whether it's vacuuming for a half hour or taking a brisk walk, spend energy with physical activity to burn calories.