

Sensible Weight-Loss Strategies

Keep a food diary.

A handful of chips here, cheeseburger and French fries there, some cake for dessert ... it all adds up. To help you get a better picture of your eating habits, write down what you eat for one day and when you eat it. You can use the Nutrition Analysis Tools and System online at <http://nat.crgq.com/energy/daily.html> to determine the amount of calories and nutrients you eat per day.

Make time for meal planning. Spend a half-hour each week planning your meals. Sensible eating doesn't have to be complicated or expensive. You can always use the weekend to cook large meals and eat leftovers during the week.

Cookbooks can help. If a lack of cooking skills holds you back from eating balanced meals at home, check out a few cookbooks. Many explain some of the basics of food preparation (and offer healthy substitutions for some ingredients) that the novice cook can use to gain confidence in the kitchen. Look for those that focus on low-fat, healthy cooking.

Take a common sense approach. Include at least five servings a day of fruits and vegetables, along with whole grains and legumes, lean meat and low-fat dairy products.

Resist skipping meals. Skipping meals (especially breakfast), instead of making healthy choices, slows your metabolism and actually works against your long-term weight-loss goal.

Snack smart. Fight the urge to snack on high calorie foods such as chips and cookies. Some healthy alternatives are whole-grain pretzels, fresh fruit, raw vegetables, raisins with nuts, real-fruit sorbet and whole-grain cereal.

Be aware of your emotions. In this high paced, stress filled world, people sometimes eat to cover emotions. Check out books on emotional eating or talk to your health care provider for a referral to a therapist or support group.



Secrets to Successful Weight-Loss Programs

The National Heart, Lung and Blood Institute warns that quick weight-loss methods don't necessarily lead to lasting results. **A sensible weight-loss program should:**

- **Discover** how to permanently change those eating habits and lifestyle factors that have contributed to weight gain. Some examples include lack of physical activity and use of food as a way to deal with stress.
- **Involve** a physician's evaluation, particularly when you have a health condition, take or plan to take any medication, or you want to lose more than 15 pounds. Follow-up visits with your provider may be recommended and a good idea.
- **Consider** your food likes and dislikes and your lifestyle. A registered dietician or a certified nutrition specialist can assist you in tailoring your plan.

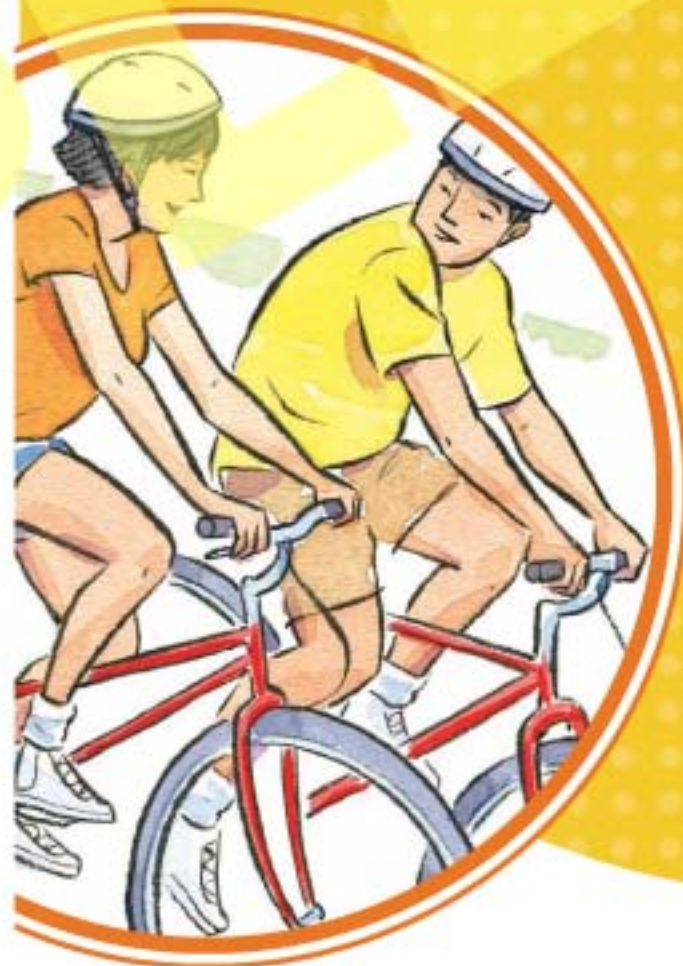


Note:

You should lose weight gradually. Safe and healthy weight loss consists of losing about 1-2 pounds per week, depending on your health condition. And when you've successfully lost your weight, gaining it back is not inevitable. The National Weight Control Registry insists that successful, long-term weight loss is possible and has identified at least 5,000 people who have maintained their weight loss through healthy lifestyle choices, nutrition and physical activity. You can too!

The bottom line: Whether you lose weight on your own or with a group, remember that the most important changes are those that you can change long-term. You're not changing your lifestyle, you're changing your life — for the better.

WEIGHT LOSS BASICS



WEIGHT LOSS BASICS

Fasting and fad diets are not the way to lose weight and keep it off. Experts say it's better to work your way up to sensible eating habits and to develop an active lifestyle. Read on for practical advice for losing and controlling your weight.



STEP

2

Eat Less, Exercise More

To lose weight and keep it off, you have to eat **less fat** and **fewer calories**, and become more **physically active**. Here are some ideas on how to do both.

EATING

In restaurants: The National Restaurant Association estimates that people eat about four commercially prepared meals per week. **Tip:** Choose smaller portions or share an entrée with a friend. Ask up front to put half in a doggie bag (if you can refrigerate right away). Avoid fried foods, and ask for your meat or fish to be broiled (without butter).

At the grocery store: Carefully read food nutrition labels for how much fat, cholesterol, sodium and calories a serving of any food contains as these are items that you need to reduce. **Note:** Many items sold as single servings actually provide two or more servings and proportionately more fat and calories than you might realize.

At home: You have the most control over how much fat and calories go into your meals if you prepare them yourself. There is often hidden fat and calories in prepared foods both at the restaurant and at the grocery store. Broil or bake rather than fry, add lemon or spices instead of butter, eat whole-grain varieties of pasta, cereal and rice.



Goal: Start by cutting about 250 calories per day. **Suggestions:** For breakfast, use nonfat dairy creamer in coffee, or substitute herbal tea for the high-fat cappuccino; grab a whole-grain granola bar from home and resist eating that doughnut. At lunch, hold the mayo on your sandwich and try spicy mustard instead; drink water instead of a soft drink.

Take 10,000 steps per day

Buy a pedometer for under \$10 and get moving. Add weight lifting to your program, which builds muscle and in turn, burns more calories.

EXERCISING

It's essential for weight loss and for reaching and maintaining your best state of health. Finding ways to get moving and burn more calories might be easier than you think. You can find out exactly how many calories you are burning each day by going to www.nutritiondata.com/calories-burned.html.

Just getting started? Find a level that's right for you, and set your goal toward the next level.

Level 1: FOR BEGINNERS

Extremely light activities can translate into physical activity. **Examples:** painting your house, ironing, playing a musical instrument while moving

Level 2: LIGHT ACTIVITY Examples: walking a 24-minute mile, vigorous housecleaning, carpentry

Level 3: MODERATE ACTIVITY Examples: walking a 15-minute mile, raking and hoeing in the yard or garden, riding a bike, tennis, dancing

Level 4: HIGH ACTIVITY Examples: walking or jogging a 10-minute mile, basketball, climbing, stair climbing

Goal: Adults should set a long-term goal to accumulate 30-60 minutes of moderately intense physical activity on most days of the week. **Note:** This regimen can be adapted to other forms of physical activity.



STEP

1

Evaluate Your Weight in Relation to Your Health Risk

BODY MASS INDEX

Your Body Mass Index (BMI) classifies your weight in terms of your height. Too much mass over too little body height can mean that you are overweight and possibly even obese.

FORMULA FOR ADULTS:

- Multiply your weight by 703
- Divide that number by your height in inches
- Divide your second answer by your height in inches again

BMI =

CLASSIFY YOUR BMI

18.5-24.9 HEALTHY WEIGHT Associated with least risk of early death

25.0-29.9 OVERWEIGHT Over 27 is associated with an increasing risk of developing health problems such cardiovascular disease, high blood pressure, osteoarthritis, diabetes and some cancers

30.0-higher OBESE Associated with highest risk of health problems and early death