

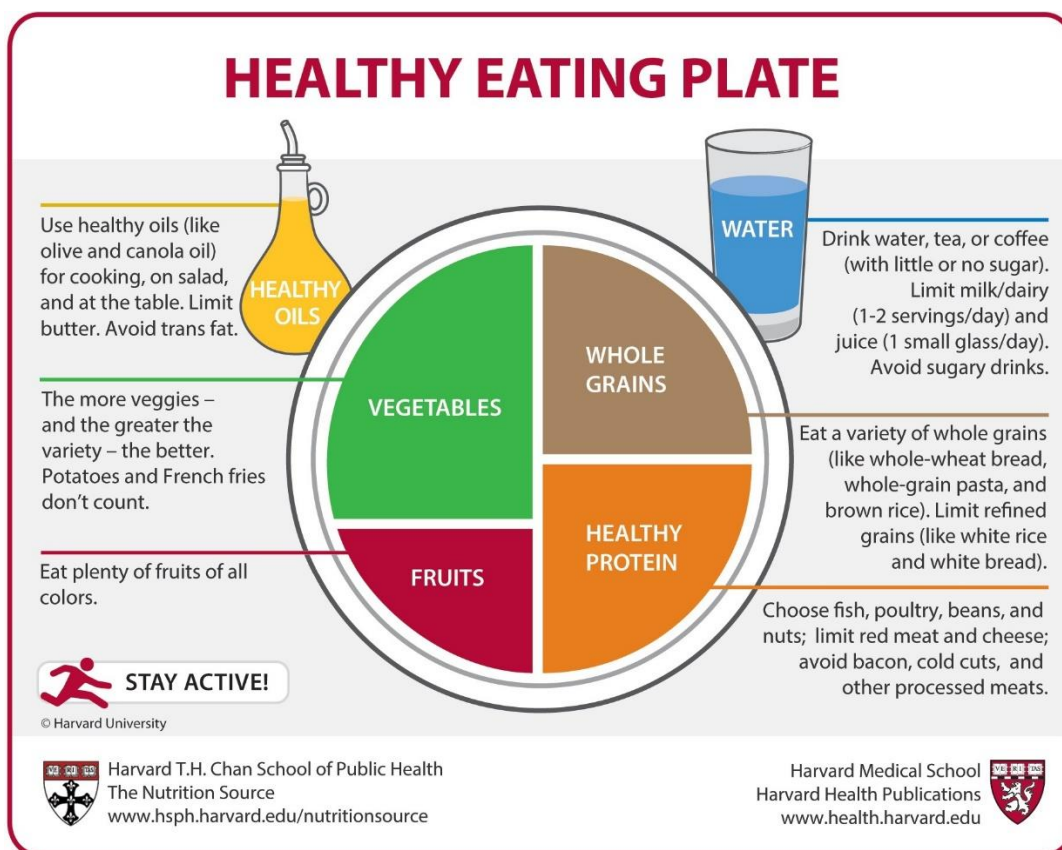
# Weight Management

Effective weight management involves lifestyle modification, which includes at least two components: **Healthy Eating** and **Physical Activity**



## Healthy Eating

**Healthy Eating** means eating **nutritious foods** in **reasonable portions**



You can lose weight by eating **smaller portions** and **fewer high-calorie “junk” foods**

**Tip:** Use a “Healthy Shopping List” to guide your choices at the grocery store

## Physical Activity

The best way to lose weight is to **eat less and engage in more physical activity!**



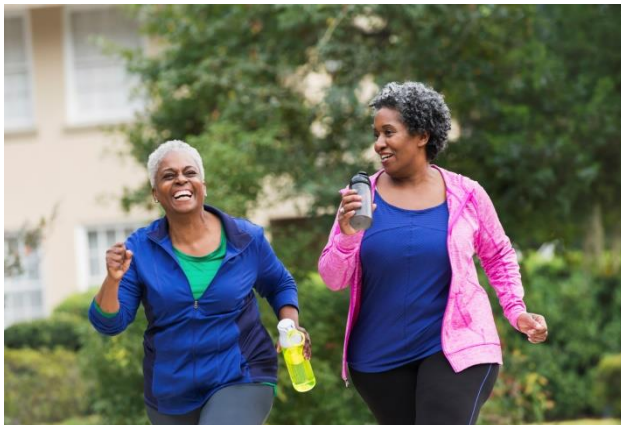
Physical activity is **anything** that makes you move your body and burn calories.

**Aerobic** exercises include walking, jogging, swimming, biking, climbing stairs, or playing sports.

**Strength and stretching** exercises improve overall stamina and flexibility.



**The simplest positive change you can make to effectively lose weight and improve your health is to start walking!**



The CDC recommends **30 minutes** of moderate-intensity aerobic activity at least 5 days a week, for a total of 150 min/week.

The CDC recommends strengthening exercise at least 2 days per week, targeting all major muscle groups.

**Something is always better than nothing!** And everyone has to start somewhere. Even if you've been sedentary for years, **today is the day** you can begin to make healthy changes in your life. If you don't think you'll make it for 30 or 40 minutes, **set a reachable goal for today.** You can work up toward your overall goal by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day!

## Setting Healthy Change Goals:

Having goals, and tracking your progress towards those goals, can keep you focused and motivated.

### Outcome Goals and Process Goals

An **outcome goal** is what you hope to achieve in the end, perhaps to lose a certain amount of weight or achieve a certain BMI

**Process goals** are the necessary steps to achieve your desired outcome. For example, a process goal might be to drink water at every meal, or to lift weights twice a week.

**Tip: Focus on Process Goals.** Process goals are *in your control* and should be *specific, measurable, realistic, and include a timeframe* so that you will know whether you've met your goals!

Set a goal that is specific and measurable, not vague

 "I will be more physically active"

 "I will take brisk, 30 minute walks 5 days per week"

Set a goal that is realistic

 "I will eat NO dessert for a month"

 "For one month, I will limit unhealthy desserts to one per week and keep it under 300 calories"

Include a timeframe in your goal\*

 "I will limit alcohol to days per week and two drinks per day"

 "I will limit alcohol to days per week and two drinks per day for the next 30 days"

\*Including a timeframe tells you when you should **celebrate** because your goal has been met!

You will then **reevaluate and set a new goal**, either to continue with the healthy behavior you've been doing or to step it up to the next level!

**Keep a written log of your daily progress!!!** Generally, you won't know how well you've done unless you **keep a written log** of your daily progress towards your goal. This can be in the form of a journal or calendar or food/exercise log.

### Examples of Healthy Change Goals:

- I will go on brisk, 30 minute walks 5 days per week for the next 30 days.
- I will record everything I consume, including portion sizes, for one week.
- I will eat vegetables (excluding potatoes and corn) with one or two meals every day for two weeks.
- I will eat when I am hungry and stop eating when I am comfortably full for two weeks.
- I will set my fork down between each bite and savor my food for the next 30 days.
- I will replace refined carbs (white bread, white rice, and sweet cereals) with whole grain alternatives for 30 days.
- I will trim the fat off meat and the skin from chicken before cooking for 30 days.
- I will use low-fat methods to cook such as grilling, poaching, boiling, dry-roasting, or microwaving for 30 days.
- I will replace salty foods (cheese, lunch meat, crackers, sauces) with low-sodium alternatives for 30 days.
- I will limit my soda intake to 2 cans per week for two weeks.
- I will drink water instead of fruit juice this week.
- I will forego dessert, or eat fruit for dessert, at least 5 days per week for 2 months.
- I will have 2 alcohol-free days per week and limit myself to 2 drinks per day on days I am drinking for the next 30 days.

### My Healthy Change Goals

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

