

Weight

Height _____ Weight _____ BMI _____ Waist Circumference _____

BMI – Body Mass Index – BMI is a ratio of body weight to height. It is useful in predicting an individual’s risk of developing diseases. Having an increased BMI raises the risk of high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, endometrial cancer, breast cancer, prostate cancer and colon cancer.

Body Mass Index – BMI				
Healthy Range				
Height	BMI 19	BMI 25	BMI 30	BMI 35
4’ 10”	91 lbs	119 lbs	143 lbs	167 lbs
5’ 0”	97 lbs	128 lbs	153 lbs	179 lbs
5’ 2”	104 lbs	136 lbs	164 lbs	191 lbs
5’ 4”	111 lbs	145 lbs	174 lbs	204 lbs
5’ 6”	118 lbs	155 lbs	186 lbs	216 lbs
5’ 8”	125 lbs	164 lbs	197 lbs	230 lbs
5’ 10”	132 lbs	174 lbs	209 lbs	243 lbs
6’ 0”	140 lbs	184 lbs	221 lbs	258 lbs
6’ 2”	148 lbs	194 lbs	233 lbs	272 lbs
6’ 4”	156 lbs	205 lbs	246 lbs	287 lbs
Healthy Range				

Waist circumference - Waist circumference is a good indicator of your abdominal fat, which is another predictor of your chance for developing risk factors for heart disease and other diseases.

This risk increases with a waist measurement of over 35 inches in women and over 40 inches in men.

Why Diets Don’t Work – Short term deprivation of calories will cause weight loss, however without long term lifestyle changes the weight loss will not be maintained. This causes a cycle of weight loss and weight gain called “*YoYo Dieting.*” During this cycling both muscle and fat are lost with weight loss and then only fat is gained with the rebound weight gain. So even if returning to the same pre-dieting weight, it is actually more unhealthy because of increased body fat.

So What Works? – Long term lifestyle modifications for better health!

The Science of weight loss - Weight loss happens when you take in less calories than you use. The first side of the equation is calorie intake. Calories can be decreased by choosing lower calorie foods and decreasing portion sizes. For every 250 calorie deficit per day will cause one-half pound of weight loss per week.

The other side of the equation is calorie use. Calorie use can be increased through physical activity. Physical activity is especially important in maintaining weight loss.

The most effective way to loose weight and maintain the weight loss is to work on both sides of the equation.

Lifestyle Modifications

Nutrition

- Eat at least 5 servings of fruits and vegetables a day, the more the better
- Choose whole grain cereals, breads, pasta, rice
- Choose low fat and nonfat dairy products
- Eat lean meats (turkey and chicken breast, lean beef, fish)
- Limit animal fats (butter, cream, fatty cuts of meat, sausage, bacon, whole milk products, ice cream)
- Limit hydrogenated fats and partially hydrogenated fats (hydrogenated peanut butter, stick margarine, shortening)
- Limit concentrated sweets (Sugar, candy, sweetened soda, Jam/ Jelly, syrup, and foods sweetened with significant quantities of sugar)
- Limit portion sizes
 - * Consider serving dinner on small lunch plates
 - * 25% of your plate should consist of lean protein such as chicken, fish, turkey, lean red meat, beans or tofu (roughly the size of a deck of cards)
 - * 25% of your plate should consist of starch from a whole grain source
 - * 50% of your plate should consist of non-starchy vegetable, rich in color.
- Plan for snacking – If you are always extra hungry at 10:00am or 3:00pm then plan a health low calorie snack for those times such as a piece of fruit or some raw vegetables.
- Its very important not to exclude your favorite foods from your life, but you don't necessarily need to have them every day. If you can't resist ice cream and cookies when they're in the house, don't keep them around.
- Do allow yourself to have a treat once a week such as 2 of those cookies or a small ice cream cone or a small piece of birthday cake.
- Plan your cheating – Once a month, allow yourself a day to not worry about what you eat. This lets you enjoy a summer picnic or holiday party without guilt.
- Avoid food oriented awards/ consolations – If you want to treat yourself, buy a plant or go to the movies or some other non-food oriented thing. Get out of the habit of rewarding and/or consoling yourself with food.

Physical Activity

- Increase your physical activity – Physical activity increases your calorie usage.
- Exercise, especially weight lifting, increases muscle mass (you don't have to look like a body builder). Muscle mass increases your metabolic rate (the rate at which you use calories). It not only increases it while your exercises, but this increase continues long after your exercises session is completed.
- Exercise is one of the most important factors in maintaining weight loss
- Work with your doctor to develop a plan to increase your physical activity. Walk a minimum of 10,000 steps a day; join a fitness center; or find some other way to follow the surgeon general's recommendation of 30 minutes of moderate intensity activity on all or most days of the week.
- Increase your physical activity in your daily activities by choosing the stairs instead of the elevator, parking at the other end of the parking lot for work and at the grocery store.

Set Reasonable goals

#1 – Don't gain more weight. Give your self a pat on the back if you have maintained your weight.

#2 – Set a Goal of loosing 10 lbs.

#3 – When you have maintained a weight loss of 10# for a while then set another small weight loss goal.
Remember slow and steady wins the race.

Get Support

- Enlist the support of friends and family to encourage you to stick with your lifestyle modifications. Maybe you could convince them to join you in your healthier lifestyle.
- Consider joining weight watchers. They are a great organization and provide great support and encouragement to reach your health and fitness goals.

Eating Out

- **Buzz Words**
 - * Look for: Dishes lower in saturated fat/ cholesterol contain the words: grilled, broiled, roasted, poached, steamed, baked, lightly sautéed or stir fried.
 - * Avoid: Dishes High in saturated fat and calories often contain the words: fried, butter sauce, crispy, creamed, au gratin, casserole, pot pie, alfredo, or béarnaise.
- **Portion Size**
 - * Super sized portions mean super sized calories
 - * Share an entrée with a friend or co-worker and order a salad with low cal dressing to go with it
 - * Ask for a take-out box as soon as your meal arrives and put half in the box before you start eating
- **Lower the fat**
 - * Ask for salad dressings, gravies, butter or cream sauces be served on the side. Then use sparingly.
 - * If choosing a sautéed item, request that it is lightly sautéed in olive canola or peanut oil
- **Beverages**
 - * Avoid excess calories from beverages. Stick with water, diet soft drinks or iced tea.
 - * If choosing alcohol, limit to one glass of wine or one beer.