

I'm concerned about your weight . . .

How do you think your weight is causing problems for you ? _____

Are you ready to manage your weight ? ___ not ready ___maybe ___ready ___taking action already

Your BMI is: _____ waist_____ height_____ weight_____

Check the box below that is your BMI:

- Normal BMI: 18.5 - 24.9kg/m² Overweight BMI: 25 - 29.9 kg/m² Obese BMI: >= 30 kg/m²

You are at increased health risk for:

- Coronary Heart Disease Hypertension Depression Colon Cancer
 Type 2 Diabetes Osteoarthritis Gallbladder Disease Endometrial Cancer
 Stroke Sleep Apnea Breast Cancer Prostate Cancer

Check your goals for your BMI:

BMI 25 - 35 kg/m²

- 5 - 10% weight reduction
 Reduction of at least 300 - 500 kcal/day
 Weight loss of 1/2 - 1 pound per week

BMI >= 35 kg/m²

- 10% initial weight loss
 Reduction of 500 - 1000 kcal/day
 Weight loss of 1 - 2 pounds per week

Check activities below that you enjoy and will help you burn more calories:

- Bicycling 5 miles Dancing Fast Washing & Waxing Car Pushing Stroller 1.5 miles
 Gardening Stair Climbing Swimming Laps Walking 1.75 Miles
 Other _____

Nutrition:

- **Reduce calories/portion sizes**
(Low Calorie Diet = 800 - 1500 kcal/day)
- **Reduce the fat** - No more than 30% of total calories
(Target is 30 grams of fat in a 1000 calorie diet)
- **Increase fiber, eat more fruits, vegetables and whole grains**
(Target is 20 - 35 grams per day)
- **Increase water intake** to a minimum of eight 8 oz glasses per day
- **Consult a dietitian** if available

Behavior Modification:

- Find a weight loss buddy or create a support system
- Acquire new habits by **changing** your current eating habits:
 - Improve food purchasing habits - **Read the food labels**
 - Be aware of social eating and "comfort" food situations
 - Remove high fat and sugar** foods from your work/home
 - Keep a food journal
- Acquire new habits by **changing** your current activity habits:
 - Schedule time** for activity every day
 - Keep an activity journal

Sample Label for Macaroni and Cheese

Start Here		Nutrition Facts		
		Serving Size 1 Cup (228g)		
		Servings Per Container 2		
		Amount Per Serving		
		Calories 250	Calories from Fat 110	
		%		
		% Daily Value*		
Limit these Nutrients	Total Fat 12g		18%	Quick Guide to % DV
	Saturated Fat 3g		15%	
	Trans Fat 1.5			
	Cholesterol 30mg		10%	
	Sodium 470mg		20%	
	Total Carbohydrate 31g		10%	
Get Enough of these Nutrients	Dietary Fiber 0g		0%	5% or less is low 20% is high
	Sugars 5g			
	Protein			
	Vitamin A		4%	
	Vitamin C		2%	
	Calcium		20%	
Footnote	Iron		4%	
	*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
		Calories:	2,000	2,500
	Total Fat	Less Than	65g	80g
	Sat Fat	Less Than	20g	25g
	Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

5 POINT CHECKLIST FOR WEIGHT MANAGEMENT

Below are 5 common misconceptions that may lead to gains in body fat:

MISTAKE	ACTION	REASON
 Skipping Meals	<p>Put food in your stomach in the morning, afternoon and evening.</p> <p>No time? Keep healthy choices in your home, office, car or barracks room, e.g., cereal, milk and fruit after exercise in the AM; bring a sandwich and fruit to work if you find yourself missing lunch.</p>	<p>Your body has a great ability to survive:</p> <p>Without food, your body burns calories much more slowly! (Makes it easier to gain weight and difficult to lose weight.) Most people who skip meals overeat at the next meal because they are too hungry.</p>
 Eating Fast Food or Eating Out	<p>Eat less fast food.</p> <p>Eat out less often or eat less when you do eat out.</p> <p>Eat at a cafeteria that has healthier choices such as a salad bar, hot vegetables, and fruit to help balance your meal. Substitute baked beans or a small salad instead of french fries.</p>	<p>It's difficult to eat low fat when eating at restaurants.</p> <p>A double cheeseburger, large fries and large soda, juice or sweet tea provide almost 1800 calories in one meal. This is what many people need in one day.</p> <p>Most restaurant portions are too large and contain too many calories.</p>
 Drinking Beverages with Calories or Alcohol	<p>Drink beverages that are calorie-free. Two 20-oz non-diet sodas per day for 1 week equal the calories in a pound of fat.</p> <p>Cut down or stop drinking alcohol. A 6-pack of beer equals 900 calories.</p>	<p>Beverages with calories are: fruit juice, sports drinks, cappuccinos, sweet tea, not just soda and Koolaid.</p> <p>Liquid calories add up quickly and don't make you feel full.</p> <p>All alcohol is stored as fat.</p>
 Too Little Aerobic Exercise	<p>If your activity is limited, find a safe physical activity to do.</p> <p>Get a pedometer to help monitor the increase your physical movement during the day. Build up to 30 minutes of cardio/aerobic exercise 4 days per week.</p>	<p>Cardio/Aerobic exercise decreases body fat.</p> <p>Build time and distance slowly, and cross train to reduce the risk of injury. If you are uncomfortable exercising, start by walking and increase efforts slowly to build strength and balance.</p>
Eating Past The Point of Fullness or Eating When You're Not Hungry	<p>Relax and eat slowly if you're a fast eater or if you tend to eat quickly.</p> <p>Pay attention to how full you feel while you eat.</p> <p>Stop eating when you feel food in your stomach, but aren't completely full.</p>	<p>Overeating causes weight gain.</p> <p>If you feel "stuffed" or "uncomfortably full", your body is saying, "you ate too much."</p> <p>Fast eaters usually overeat! People gain body fat if they eat when bored or in response to stress.</p>

If your physical activity is limited due to an injury or medical problem, be extra careful about the calories that you are eating: eat fewer sweets and fried foods.