



HEALTHY Weight

Reaching and
maintaining
a healthy weight

Thank you for your interest in Wellness Booklets
from Coffey Communications.

This is only an excerpt. It's designed to give you
a sample of a booklet's contents.

Wellness Booklets can be branded
with your organization's logo, which is **free**
with an order of 250 or more.*

For a full sample of any booklet, talk with your
Client Advocate/Production Manager. You can also email us
at **booklets@coffeycomm.com**
or call **888.805.9101**.

*Most orders require a 250-copies minimum.



2016 © Coffey Communications, Inc.
All rights reserved. May not be reproduced in whole or in part,
by any means, without written permission of the publisher.

Contents

- 4 Introduction
- 4 Behind the pounds
- 6 Know where you stand
- 9 What's right for you
- 10 Leaving dieting behind
- 11 Calories in: The foods you eat
- 16 Calories out: How active you are
- 21 Strategies for success
- 26 Choosing a good program
- 28 Medications and surgery
- 30 You can do this!

Introduction

If you're carrying extra pounds, you have plenty of company. A majority of American adults weigh too much, according to the Centers for Disease Control and Prevention (CDC). And the problem isn't restricted to adults. Many children and teens are heavier than they should be as well.

It's true: The pounds don't go on overnight. But often, once we decide we need to lose weight, we look for a quick fix. Here's another truth: If you want to lose weight and keep it off, it's best to practice a little patience—and develop habits you can maintain over time.

Putting yourself on a rigid or fad diet is not the way to go. Instead, the basic, consistent changes you make to your diet and lifestyle over time offer you the best chance of successfully reaching and maintaining a healthy weight.

Behind the pounds

Body weight is influenced by a number of things, including your metabolism (the rate at which you burn calories), genes, behavior, environment and culture. But in general, being overweight comes

What you have to gain

Losing even a modest amount of weight can produce some impressive health benefits.

If you are overweight, losing as little as 5 percent of your body weight can lead to improvements in blood pressure, blood cholesterol and blood sugar.

Maintaining that weight loss is likely to improve your life in other ways, too. People who have successfully lost weight and kept it off often report having more energy and mobility, as well as improved mood and self-confidence.

Lose a little, gain a lot

A modest amount of weight loss can also help reduce your risk for a number of chronic diseases and conditions, including:

- Heart disease.
- Cancer.
- Diabetes.
- High blood pressure.
- High cholesterol.
- Osteoarthritis.
- Sleep apnea.
- Gynecological problems.
- Liver and gallbladder disease.



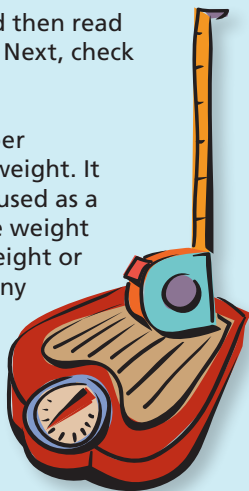
Keep an eye on your BMI

	Normal weight						Overweight						Obese								
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight in pounds																				
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320

Directions: Find your height, and then read across until you find your weight. Next, check your weight group.

Body mass index (BMI) is a number calculated from your height and weight. It is an estimate of body fat. BMI is used as a screening tool to identify possible weight problems. People who are overweight or obese are at increased risk for many diseases and health conditions, including high blood pressure, heart disease and stroke.

Source: National Heart, Lung, and Blood Institute



What's right for you?

Generally, a 10 percent weight loss achieved over six months is a good initial goal.

Unless your weight seriously jeopardizes your health, gradual weight loss—no more than 1 to 2 pounds per week—is likely to be best. That may be achieved by decreasing the calories consumed or by increasing the calories used by 500 or more calories a day. A quicker fix might sound more appealing, but it usually won't lead to long-term success.

Not everyone with excess pounds should try to lose weight. Those for whom weight loss may not be advised include most pregnant women and people with illnesses that could be made worse by cutting back on calories.

Another thing to keep in mind is that certain times may be better than others to try to lose weight. For example, rather than attempting weight loss during the holidays, a better goal might be to avoid gaining any additional weight. Other particularly stressful times may not be best for a weight-loss effort either.

If you have questions about weight loss—and what's right for you—talk with your doctor.

1, 2, 3: Get fit!

Every exercise routine should include three key elements, according to the American Council on Exercise.



1

Aerobic exercise. It works your heart and lungs and is an important part of weight management.

Just vow to get started. Then work your way up to more activity gradually.

Strength training. This includes weight training and resistance training. It improves strength, builds muscle, reduces risk of lower back injury and is also an important part of a weight-control program.

2



3

Flexibility training. Proper stretching exercise reduces the risk of injury and muscle soreness and helps maintain range of motion. Begin exercise sessions with warm-up activities and gentle stretching. End with a cooldown time as well.

Its success rate. Try to find out what percentage of customers have completed the program, how much weight they've lost and how successfully they've kept the weight off for a year or longer.

Medications and surgery

Weight control for some people may require drug therapy or surgery. A treatment decision may be based in part on your BMI (see page 8).

Drug therapy isn't right for everyone. But if your doctor suggests this approach, here are some things to keep in mind:

- Changes in diet and activity levels are still crucial. Medications do not replace these important keys to weight management.
- Drug therapy doesn't work for everyone.
- Medications can cause serious side effects, so they must be used with care.

Weight-loss surgery may be an option for some people who are obese and who have not been able to lose weight in any other way.

Surgery typically makes the stomach smaller and may change the way food is digested. Several different types of procedures are available.

For many people, surgery has led to significant weight loss and better health. But surgery alone will not lead to success. Smart eating and physical activity are still necessary.

Considering surgery?

If you're thinking about weight-loss surgery, it's important to consider the risks and benefits of the surgery, as well as the long-term lifestyle changes you'll need to make.

A yes answer to each of the following questions may suggest that you are a potential candidate for this major surgery—and mentally prepared for it as well. Are you:

- Obese and unlikely to lose weight or keep weight off without surgery?
- Determined to lose weight and improve your health?
- Aware of the risks—including the potential complications—and benefits of common types of weight-loss surgery?
- Aware of the dietary restrictions and other changes that you'll need to make after surgery?
- Committed to lifelong medical follow-up and lifestyle changes?



Weight

It's on the minds of countless Americans—losing weight. To take off pounds—and stay at a healthy weight—you need a plan you can live with over time. Inside:

- What's a healthy weight for you?
- Why diets often fail.
- Making wise food choices.
- Getting the most from exercise.
- Considering weight-loss surgery.