

# Get to a Healthy Weight

## Why should you care about your weight?

Having a healthy body weight has a lot of health benefits:

- Less likely to have health problems like heart disease, diabetes or cancer
- Less likely to have joint problems or problems sleeping
- More energy to do the activities you love

Even a small amount of weight loss, just 5-10% (7-15 pounds for a 150 pound person), can make a big difference in your health. Your healthcare provider can help you figure out what a healthy weight is for you.

## How can you be successful at losing weight?

Managing your weight is like balancing a scale. You can lose weight by decreasing the number of calories you eat and by increasing the number of calories you burn through physical activity.

Calories Burned by Common Activities	
Activity	Minutes Needed to Burn 100 Calories*
Light House Cleaning	18
Walking (3.5 mph)	20
Golfing (walking)	14
Gardening	20
Mowing Lawn (push/power)	20
Yoga	20
Snow Shoeing	10
Elliptical Trainer	9
Swimming	10
Running (5 mph)	10
Bicycling (12-14 mph)	10

\*Based on a 150-pound person

Source for calculations: *Compendium of Physical Activity. ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 3rd ed. (Williams and Wilkins, 1998).*

## What can you do?

**Choose foods that provide a lot of nutrition, not just calories.** Choose fruits, vegetables, whole grains, low-fat and non-fat dairy foods like milk and yogurt.

**Control portion sizes.** You may not realize you are eating more calories than you need if you don't watch portion sizes. Read nutrition labels to learn what one serving is and to help size up your portions.

**Don't skip meals.** You still need good nutrition even if you are trying to cut down on calories.

**Be physically active most days of the week.** Regular exercise is important for good health. Try to exercise at least 30 minutes a day most days of the week as a minimum. The more you move, the more calories you burn.

## Take a Step Today:

- Replace one of the higher calorie beverages I drink throughout the day with a glass of water.
- Buy individually portioned snacks and eat just one at snack time.
- Add a serving of low-fat or non-fat dairy, like yogurt or milk, to my diet.
- Plan a time during my day to take a brisk \_\_\_\_\_ minute walk.

My goal is to: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

3,500 calories = 1 pound.  
To lose about 1 pound of weight each week, cut 500 calories a day.



### What's New?

People who eat more low-fat dairy, like yogurt, tend to have healthier body weights and better intakes of nutrients like calcium and vitamin D. The 2005 Dietary Guidelines for Americans recommends eating three servings of low-fat or non-fat dairy every day.

