Losing Weight

You are part of a growing number of people who know how vital it is to keep a healthy weight. Being overweight increases your risk of getting heart disease, diabetes and high blood pressure. It can also lead to other health problems.

The words “overweight” and “obesity” are ways to describe having too much body fat. A lower weight may be better for your health. This is even more important if you have high blood pressure or high blood sugar levels. Ask your health care provider what weight is best for you.

Dangers of Fad Diets

If there was an easy way to take off extra pounds, no one would have a weight problem. The reward of quick weight loss is hard to resist. Most people know that fad diets aren't the answer. Very low calorie diets or diets that limit certain foods can be unsafe. They should never be used without your health care provider's supervision.

Don’t put up with a diet you cannot wait to quit. It is healthier to focus on eating better and getting more exercise. Remember that eating and exercise aren’t the only factors that affect your weight. But they are the ones you can control.

Losing Weight at a Healthy Rate

To lose weight you need to reduce calorie intake and increase physical activity. This also helps you lose tummy fat. The goal should be to lose 1/2 to 2 pounds per week.

Reducing fat in your diet is a healthy start. However, reducing fat alone without reducing the amount of calories you eat is not enough for weight loss. Reducing fat and foods high in starch and sugar can help reduce total calories.

Your current eating and exercise habits took years to develop. It is important to remember that you can’t change the habits of a lifetime overnight. Do not get upset when you slip. Luckily, small changes in your habits will help you lose weight.

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