Maintain a Healthy Weight for Life

How do some people lose weight and keep it off? How do people avoid the trend to gain weight as they age?

Paying attention to what, when, and how much you eat helps you eat better for life. Over time, taking in more calories than your body can use makes the body store the extra calories as fat. This will lead to weight gain.

Focus on Health not Weight

Which is of more valuable to you, being able to wear the jeans you wore five years ago? Or being able to move better, have more energy, and improve your health? Losing weight for health, rather than looks, can make it easier to set wise goals.

There are reasons to watch your weight. More than 2/3 of Americans are considered overweight or obese. Excess weight leads to heart disease, diabetes, hypertension and stroke. Body mass index (BMI) is one way to tell if you are at a healthy weight or are overweight. It measures your weight in relation to your height.

- Your goal should be to reach or keep a body mass index (BMI) between 19 and 25. A person with a BMI of 25 to 30 is considered overweight. Someone with a BMI of 30 or higher is considered obese. You can check your BMI with: Body Mass Index (BMI) Calculator.
- Another way to tell if you are at risk of health problems is to measure your waist. Your waist should measure less than 40 inches for a man, or less than 35 inches for a woman. Fat stored around your waist makes you at risk for chronic diseases.

Healthy Weight - Balance Calories In, Calories Out

To lose weight, there is no lack of fad diets that promise fast results. But these diets limit your intake of foods that are good for you. To reach and keep a healthy weight, focus on eating foods that are good for you and get regular exercise. Balance the calories you eat with the calories your body uses every day.
Get Motivated to Move

Healthy living includes keeping fit. Workouts burn calories and build strong muscles. It is good for your heart and lungs. It can even help improve your mood. Both fast paced and muscle building workouts are important for a healthy weight. A fast paced workout burns more calories and protects your heart.

Try to build up to 30 minutes of brisk workouts 3 to 5 days a week. If you are unable to do a fast-paced workout, some physical activity is better than no activity. For instance, walking is a good type of workout that burns calories. The faster you walk the more calories you burn. To build muscle, include two or three strength-building sessions a week. Building muscle can speed up your breakdown of fat.

Stay inspired by trying new ways to stay active. These can include dancing, hiking or swimming. If you don’t have time to exercise, you can find other ways to burn calories. Take the stairs instead of the elevator; walk briskly rather than strolling. Any activity you can add to your day will make a difference. Be sure to check with your health care provider before beginning a workout program.

For more information on how to eat healthy see the following to pages:
How to Build a Healthy Plate
How to Control Portion Sizes for a Healthy Weight

Sources:
National Institute of Diabetes and Digestive and Kidney Diseases:
Changing Your Habits: Steps to Better Health
Accessed June 26, 2018

Active at Any Size
Accessed June 26, 2018

Better Health and You: Tips for adults
Accessed June 26, 2018

Just Enough for You: About Food Portions
Accessed June 26, 2018