Weight Management
Printable Materials
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Weight Management
Group Activity C: Worksheet: “My Enemy”

Instructions: Write on the lines what medical conditions you consider are linked to obesity.

WORKSHEET FOR THE PARTICIPANT

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Many serious medical conditions have been linked to being obese.
Many serious medical conditions have been linked to being obese.
People who have a BMI of 30 or more can improve their health, look better, and have more energy by losing weight. Your health care provider can tell you if you should lose weight and help you with a plan to lose weight.

**Recommendations:**

- If your BMI is between 18.5 and 24.9, try to maintain your weight.
- If you have a disease linked to obesity such as heart disease or diabetes, try to lose weight.
- You should also lose weight if you have 2 or more of the following:
  - Family history of certain chronic (long-lasting) diseases (diabetes or heart disease)
  - Medical conditions made worse by obesity (high cholesterol or high blood sugar)
  - Large waist circumference
    - Men whose waist is greater than 40 inches
    - Women whose waist is greater than 35 inches

Your health care provider may tell you your blood glucose level is higher than normal, but you don’t yet have diabetes. Weight loss and exercise may help to keep you from developing diabetes. **Then you and your health care provider can decide on the weight loss plans that are best for you. These can include:**

- The type of diet that makes sense for you
- The number of calories you should eat a day
- How much and what kind of exercise would be best for you
- Ways to change habits that cause you to eat more (like not eating while watching TV)

It is always best to lose weight through a healthy diet and regular exercise. But your health care provider may also prescribe a medication to help you lose weight. Be sure to ask about side effects. You should also tell your health care provider about other medicines you are taking.
Healthy eating is not a diet or a program. It is a plan that gives you the food you need to be healthy. It means staying within a calorie range that’s right for you. Don’t decide to go on a diet. Decide to have healthy eating habits and get physically active.

- The first step is to set a goal. Find your BMI and talk to your health care provider to find out what is a healthy weight for you.

- Plan to lose weight gradually. Losing one-half to 2 pounds a week is safe. You can do this by eating less, being more active, or both.

- Change your eating habits to include smaller amounts of food and choose foods lower in calories. Eat foods that are lower in fats. Eat more vegetables, fruits, and whole grains.

- Make time in your day for some form of physical activity. You can start by taking the stairs at work or parking at the far end of the lot when shopping. Then you can add some regular physical activity. Walking is something almost anyone can do and is very good for you.
You may think that eating healthy means only eating things like lettuce and sprouts. But you can enjoy all foods as part of a healthy diet. You just can’t overdo it. Here are some tips to help you improve your eating habits:

**Look at what you eat now.** Write down what you eat and how much you eat for a few days. With a better idea of what you eat, you can make changes slowly.

**Start with small changes.** Remember — you are trying to make healthy eating part of your life. Small changes are more likely to last.

**Read the nutrition facts label.** To make smart food choices quickly and easily, compare the nutrition facts labels on products. Look at the percent Daily Value (%DV) column. The general rule of thumb is:

- 5 percent or less is low
- 20 percent or more is high

**Control portion sizes.**
The label will tell you what the serving size is.
Use smaller plates or put less food on your plate.
An average serving size of meat should look like a deck of cards.
A serving of rice or pasta would be about the size of a hockey puck.

**Control calories and get the most nutrients.** Pick foods that have lots of nutrients (like vitamins and minerals). Don’t pick foods high in calories.

**Some other tips:**
- Know what fats are good for you (like olive oil)
- Choose lean, low-fat, or fat-free foods
- Eat fruits and vegetables
- Make sure half of your servings of grains are whole grains
- Eat foods lower in salt and higher in potassium
- Limit added sugars
Activity Card #4
Regular Exercise

Regular physical activity is good for your health. Exercise can lower the risk of colon cancer, diabetes, and high blood pressure. It also can:
- Help to control your weight (along with eating the right amount of calories)
- Keep your bones, muscles, and joints healthy
- Reduce falls in older people
- Help relieve the pain of arthritis

Physical activity does not have to be hard to be helpful. And it doesn't just mean exercise or sports. Being moderately active has health benefits too. Just 30 minutes of brisk walking 5 or more times a week is good for you. You can exercise in short sessions several times a day. Or you can do it all at one time.

Being active is good for most people. It can help you have more energy. It can lower your risk of disease. And it can be a lot of fun! Take the first step and stick with it. You can make physical activity part of your life every day.

Talk to your health care provider before you start an exercise plan. He or she can help you decide what is best for you.
Are you at a healthy weight? What is your body mass index?

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**Healthy Weight**  
**Overweight**  
**Obese**

*Note:* This chart is for adults (aged 20 years and older).  
*Source:* U.S. Surgeon General
Weight Management: What You Need to Know

Why is losing weight important?

Are you overweight? Losing extra pounds can improve your health.

There may be many reasons why you’re thinking about losing weight.
• It can make you feel better.
• You can have more energy.
• You will be able to climb stairs and not feel out of breath.
• You may feel more relaxed in your clothes.
• You can lower your chances of getting heart disease, diabetes, or high blood pressure.
• You can have fewer problems with your diabetes and arthritis.

Being overweight causes many health problems.
• You are more likely to have diabetes or heart problems.
• The extra weight makes your heart work harder.
• It makes it harder on your knees and back.

How do I get started?
Choose from the following to get started. There are many ways to begin your healthy plan to lose weight. Make one small change at a time.

• Eat foods that are less fatty or oily.
• Eat smaller portions.
• Eat more vegetables.
• Eat fruits.
• Be more active.
• Have a regular exercise plan.

Make a plan for what you will do to lose weight or manage your weight.

Being active and eating healthy are the keys to losing weight. Here are some things to keep in mind:

• Plan to lose weight slowly.
  Your goal should be to lose about half a pound to 2 pounds a week, until you reach a healthy weight. Most people who lose weight quickly gain it back.

• Set a date to get started.
  Write it down. Tell other people.

• Make it easy.
  Find new and healthy ways to eat foods that make life easy and pleasant for you. Eat low-fat versions of the foods you like.

• Drink plenty of water every day.
  Keep a water bottle with you.

Reasons to reach your goal.
Did you know ...?
• Losing weight will help you control your:
  - Cholesterol
  - Blood pressure
  - Blood sugar
    (if you have diabetes)
• Most of all, it can help you feel better.

Once you get to a healthy weight, try and help a friend or family member who also needs to lose weight. That way you can help each other.
Think about what makes you tired, sad, worried, or angry. These things can make it harder for you to take good care of yourself. Look for healthy ways to get into a peaceful frame of mind.

Learn to enjoy the taste of healthy food.

Step by step, you can teach your mouth to enjoy less sugar, less salt, and less fat. Try healthy versions of foods that you and your family like.

Keep healthy foods in the house.

If you run out of foods you need, you may begin to eat unhealthy foods. If you live with your family, ask them to help you keep the foods you need to lose weight.

Avoid temptation.

Plan ahead. Avoid things that will keep you from your plan; don’t go into a bakery if you know that it tempts you.

Never skip meals.

Not eating on time is very dangerous if you have diabetes or take medicine. It can also make you eat much more when you do decide to eat. Eat on time, eat a little, and enjoy it.

Learn to enjoy the feel of moving about.

Walk. Then walk faster. Then walk farther. Climb stairs. Dance. Enjoy!

Make sure you get your fluids.

Speak to your health care provider about how to incorporate fluids into daily activities.

Try on clothing to check your progress.

Find one piece of clothing you would like to fit into. Try it on every week. When you can fit it into, you know you are losing weight. Keep this up after you lose the weight, to manage your weight.

Other

Take steps today to stay healthy

✓ Chose what you will do to get started ✓ Make a plan to lose weight.

1. Are the items that you have chosen achievable? □ Yes □ No

2. What will you do to make these changes?

_____________________________________________

3. When will you make these changes?

_____________________________________________

Don’t give up. Keep going. You CAN do it.