

Lose Weight



- **Overweight Americans:** Among Americans age 20 and older 76.9 million men and 68.1 million women are overweight or obese
 - **BMI** assesses your body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people
 - Normal range 18.5-25
 - Overweight 25-30
 - Obese over 30
 - **Obesity** is a major independent risk factor for heart disease
 - If you have too much weight especially at your waist, you are at a higher risk for significant health problems such as high blood pressure, high cholesterol and diabetes
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Tips for Losing Weight

- Balance energy in (calories) with energy out (physical activity)
 - Manage your stress. Increased stress can cause weight gain
 - Never crash diet to lose weight. This can make your body feel like it is starving and can lower your metabolism. Gradual changes are best for weight loss and keeping it off
 - Don't drink your carbohydrates. Eat fruit instead of juice, avoid soda and other high calorie drinks
 - Be in it for the long run, it's a lifestyle change, not a diet
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Week 5

Resources for Weight Loss

- Your Physician
 - Weight Watchers: meets every Wednesday in the lower level of Sawtooth Mountain Clinic at 4:30pm
Contact person Lee Bergstrom 387-1532
 - Overeaters Anonymous: meets in the Lutsen Church basement every Thursday at 5:30
Contact person: Anna Latz 663-7324 (home)
663-7669 (work) 480-298-0213 (cell)
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