

## Fast Facts

### Weight Loss

- Weight loss occurs when you burn more calories than you take in
- Majority of weight is lost due to consuming less calories every day and is maintained by an increase in daily physical activity
- Obesity epidemic is resulting in a huge increase in serious, life-threatening health conditions, such as diabetes, high cholesterol and high blood pressure
- Weight loss results in decreased blood pressure, arthritis pain, depression and anxiety. It reduces risk of developing type 2 diabetes, heart attacks, strokes, osteoporosis and many types of cancer

<i>Diet</i>	<i>Physical Activity</i>
<ul style="list-style-type: none"><li>-Eat low-energy-dense foods (they have a small number of calories for a large volume of the food), such as plant-based like fruits, vegetables and whole grains</li><li>-Eat at least four servings of vegetables and three servings of fruits every day</li><li>-Switch from refined grains to whole grains</li><li>-Reduce the amount of sugar you ingest (limit them to 75 calories a day--it can be helpful to plan for them over the course of your week)</li><li>-Use modest quantities of healthy fats (olive oil, vegetable oil, avocados and nuts)</li><li>-Have small amounts of low-fat dairy products and lean meats</li><li>-Shouldn't need to completely eliminate any foods from your diet (just less frequently)</li><li>-Eat small portions</li></ul>	<ul style="list-style-type: none"><li>-Number of calories you burn is dependent on frequency, duration and intensity of activities</li><li>-Current recommendations are 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity or a combination of the two each week</li><li>-Moderate activity is when heart rate and breathing are elevated but still able to carry on a conversation while exercising</li><li>-Vigorous activity is when heart rate is elevated but breathing is too hard and fast to carry on a conversation</li><li>-Try to get 30 minutes of activity a day (could be three 10-minute sessions spread throughout the day)</li><li>-Make sure that your heart rate is elevated</li><li>-Do strength training 2 - 3 times a week</li><li>-Stretch your muscles at least twice a week</li><li>-Some exercise is always better than no exercise</li><li>-Incorporate extra movement into your daily routine, such as taking the stairs or parking further away at the grocery store</li></ul>

### *Tips for Making the Change*

- Change your day-to-day behavior
- Quick fixes and fad diets are temporary and unrealistic to use for extended periods of time
  - Develop a plan that you'll be able to sustain for the rest of your life
  - Look at it as not a diet, but as a life change centered on long-term weight management
  - Make a commitment to the change
    - Be focused
    - Address any other areas of your life that are causing stress
  - Find your inner motivation and write down a list to carry with you
    - Set realistic goals
- Try to lose one to two pounds in a week, which means only burning 500 to 1000 calories more than you consume every day

- Set both progress and outcome goals
- Progress goal is walking for a total of 30 minutes every day; whereas, an outcome goal could be to lose 5% of your current weight
- Have accountability to yourself and others by having regular weigh-ins, recording your progress in a journal and spending time with people who will encourage your efforts

**Note:** As you are going through the process, it's essential to realize that you are going to experience setbacks. Remember, it's a life change, so there are going to be times when it's more challenging than others to maintain it. The key thing to remember is to not give up when you do have a setback. Instead, remember that each day is a new day!

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