

WEIGHING IN ON WEIGHT LOSS



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03 Introduction



OVERWEIGHT AND OBESITY ARE INCREASINGLY COMMON CONDITIONS THAT ARE SERIOUS, AND COSTLY.



According to the National Center for Health Statistics (NCHS) between 2015~2016, the prevalence of obesity was 39.8% and affected about 93.3 million US adults. Obesity is a serious medical condition that increases the risk for metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high blood cholesterol, cancers, and sleep disorders. Despite the dismal statistics, there's good news. Evidence shows that modest weight loss can result in health benefits such as improvements in blood pressure, blood cholesterol, and blood glucose —also called sugar.

04 What Are Overweight and Obesity?



The terms “overweight” and “obesity” refer to body weight that is greater than what is considered healthy for your height. Overweight is generally due to extra body fat. However, overweight may also be due to extra muscle, bone, or water. People who have obesity usually have too much body fat.

A healthy weight is often based on having a body mass index (BMI) that falls in the healthy range. BMI is a measure of your weight in relation to your height and is used as an estimate of your body fat. The higher your BMI, the greater your risk of health problems from overweight and obesity. You can calculate your BMI by using the [BMI Calculator](#).

The BMI scores mean the following:

- **Less than 18.5**, you are within the **underweight** range.
- **18.5 to 24.9**, you are within the **healthy weight** range.
- **25.0 to 29.9**, you are within the **overweight** range.
- **BMI is 30.0 or higher**, you fall within the **obese** range.

Another way to estimate your potential disease risk is to measure your waist circumference. Where your fat is located can be serious. If your fat is located in the abdominal area—you’re shaped like an apple—you are at greater risk for developing obesity-related conditions such as Type 2 Diabetes, high blood pressure, and coronary artery disease.

If you are shaped like a pear—your fat is located in the hips and thighs—your risk for obesity-related conditions is less. Waist measurements more than 40 inches for men and 35 inches for women are indicators of increased health risk.

BMI and waist circumference are two measures that can be used as screening tools to estimate weight status in relation to potential disease risk.



Who Should Lose Weight 05

Many factors may cause weight gain and affect how much weight your body stores. The two most common reasons for being overweight are eating too much and not being active enough. If you eat more calories than your body burns, the extra calories are stored as fat. Over time, if you continue to eat more calories than you burn off, you will likely gain weight. Excessive weight gain may lead to overweight or obesity.

MEDICAL EXPERTS RECOMMEND YOU LOSE WEIGHT IF YOU ARE OBESE (BMI GREATER THAN 30) OR OVERWEIGHT (BMI OF 25 TO 29.9) AND HAVE TWO OR MORE OF THE FOLLOWING RISK FACTORS:

- HIGH BLOOD PRESSURE
- HIGH LDL “BAD” CHOLESTEROL
- LOW HDL “GOOD” CHOLESTEROL
- HIGH TRIGLYCERIDES
- HIGH BLOOD GLUCOSE (SUGAR)
- FAMILY HISTORY OF PREMATURE HEART DISEASE
- PHYSICAL INACTIVITY
- CIGARETTE SMOKING
- LARGE WAIST SIZE—FOR MEN, GREATER THAN 40 INCHES / FOR WOMEN, GREATER THAN 35 INCHES



06 What Are the Benefits of Weight Loss?

THE BENEFITS OF WEIGHT LOSS GO BEYOND THE NUMBER OF POUNDS YOU LOSE.

In fact, no matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood glucose.

For example,

If you weigh 200 pounds, a 5 percent weight loss equals 10 pounds, bringing your weight down to 190 pounds. While your weight may still be in the “overweight” or “obese” range, this modest weight loss can decrease your risk factors for chronic diseases related to obesity.



So even if your overall goal seems large, see it as a journey rather than just a final destination. The journey is something you can start right now. Begin by making improvements in your daily habits. New eating and physical activity habits will put you on the path to achieving your weight goal.



How Much Should You Lose? 07

If you need to lose weight, a slow, gradual weight loss of half a pound to one-pound weekly is the best weight-loss rate. Evidence shows that people who lose weight slowly are more successful at keeping the weight off. Remember losing as little as 10-15 pounds is enough to improve your health.

Body Weight Planner

Starting Information			
U.S. Units		Metric Units	
Weight		lbs	
Sex			
Age		yrs	
Height		ft.	in.
Physical Activity Level 	1.6		
Estimate Your Level			

Starting Information

Enter your starting information, including your weight, sex, age, height, and physical activity level.

Physical Activity Level

Click the "Estimate Your Level" button to find your physical activity level.

Typical physical activity level numbers range from 1.4 (sedentary) to 2.5 (very active).

The default value of 1.6 describes someone who does very light activity at school or work (mostly sitting) and moderate physical activity (such as walking or cycling) at least once a week.

Body Weight Planner How-to Video

[Watch a video](#) to see how to use the Body Weight Planner.

You can use the **Body Weight Planner** to determine your individual calorie needs and level of physical activity to reach your goal weight. The body planner will also personalize your calorie and physical activity to help you maintain your weight afterward. There are also many health apps available for mobile devices that can help you determine your calorie and activity needs for weight loss.

Once you've achieved a healthy weight, by relying on healthful eating and physical activity most days of the week you are more likely to be successful at keeping the weight off over the long term.

08 Sizing Up Portions

When it comes to portions and serving sizes, most people are confused, often using the terms interchangeably. The reality is portions and servings are two completely different measurements.

A portion is an amount of food you choose to eat for dinner, snack or any other eating occasion. Portions, of course, can be bigger or smaller than the recommended food servings. A serving is a unit of measure used to describe the amount of food listed on a product's Nutrition Facts, or food label. Different products have different serving sizes, which may be measured in cups, ounces, grams, pieces, slices or numbers—such as three crackers. The serving size on a food label may be more or less than the portion you choose to eat.

The Nutrition Facts will also tell you how many calories are in one serving and how many servings are in the container. If you eat more than one serving, you will be getting more calories.

Let's say the calories per serving are 230, the serving size is 2/3 cup, and the container has eight servings. If you eat two servings, you need to double the number of calories listed on the food label to know how much you are really getting. For example, if you eat two servings of this product, you are taking in 460 calories.

In addition to checking food labels for calories per serving, there are many apps available for mobile devices that can help you track all the food you eat—and how much physical activity you get—each day.

$$\begin{array}{r} 230 \text{ CALORIES} \\ \text{PER SERVING} \\ \times \\ \text{TWO SERVINGS} \\ \text{EATEN} \\ = 460 \text{ CALORIES} \end{array}$$

How to Get Started Losing Weight? 09

Losing weight is not easy, and it takes more than desire. It takes commitment and a well-thought-out plan.

THE FOLLOWING STRATEGIES CAN HELP YOU GET STARTED:

1 Make a commitment.

Making the decision to lose weight, change your lifestyle, and become healthier is a big step to take. Start simply by making a commitment to yourself. Many people find it helpful to sign a written contract committing to the process. This contract may include things like the amount of weight you want to lose, the date you'd like to lose the weight by, the dietary changes you'll make to establish healthy eating habits, and a plan for getting regular physical activity. Include the reasons why you want to lose weight as well. Post the highlights of your plan on the fridge, on the bathroom mirror, or beside your bed—anywhere you will see them and be reminded to stay on track.

2 Set realistic goals.

Set some short-term goals and reward your efforts along the way. If you haven't walked on the treadmill in months, it's not reasonable to think that you'll be able to jog for an hour. Instead, tell yourself you'll do 10 minutes. Research tells us that you can get as much benefit from three 10-minute bouts of exercise as you do from one 30-minute workout. So, start by taking brisk 10-minute walks, one after each meal. As you get stronger and increase your stamina, you can do a little more, then a little more. Over time, you'll reach your fitness goal. Remember, small gradual changes in your health habits can lead to significant results in the long run.

10 How to Get Started Losing Weight...cont.

3 Accentuate the positive.

Being realistic also means expecting occasional setbacks. Setbacks happen when you get away from your plan for whatever reason – maybe the holidays, longer work hours, or another life change. When setbacks occur, get back on track as quickly as possible. Overeating at one meal doesn't translate into "diet failure." Think about it. If you eat three meals every day that's 21 meals a week, right? So if you have a dietary "indiscretion" at one or two of those meals, that still translates into 19 or 20 meals that were balanced and healthy. That's a cause for celebration. It's no cause to lose faith in your ability to improve your health. It's certainly no reason to beat yourself up.

4 Seek support.

Making lifestyle changes can feel more comfortable when you have others you can talk to and rely on for support. So, don't go it alone. Reach out to the folks who care about your wellness enough to encourage you to do the right thing. You might have coworkers or neighbors with similar goals, and together you can share healthful recipes and plan group exercise. On the other hand, you may need to put a little space between yourself and friends or family members who don't fully support your efforts. This is no time for naysayers—no matter who they are. You may also consider joining a weight loss group. It's a great way to meet people who share your concerns and experiences. A health care professional such as a registered dietitian nutritionist (RDN) can also help. You can find an RDN near you at www.eatright.org. Many RDNs also provide online support.

How to Get Started Losing Weight?... cont. 11

5 Continually “check in” with yourself.

Don't let yourself forget how important your new lifestyle is to your long-term health. Revisit the goals you set for yourself and evaluate your progress regularly. If you set a goal to walk each morning but are having trouble fitting it in before work, see if you can get your walk in at lunchtime or after work. Evaluate which parts of your plan are working well and which ones need tweaking. Then rewrite your goals and plan accordingly. If you are consistently achieving a particular goal, add a new goal to help you continue on your pathway to success.



Weighing in On Weight Loss Claims 12

Online and television advertisement for pills, powders, patches, belts, and creams promising to melt the pounds away without any diet or exercise are widespread. But do those products really help you lose weight? Read on to get the facts about these weight loss claims. The more you know, the better you will be successful at achieving your weight loss goals.

CLAIM:

Lose weight without diet or exercise!

FACT:

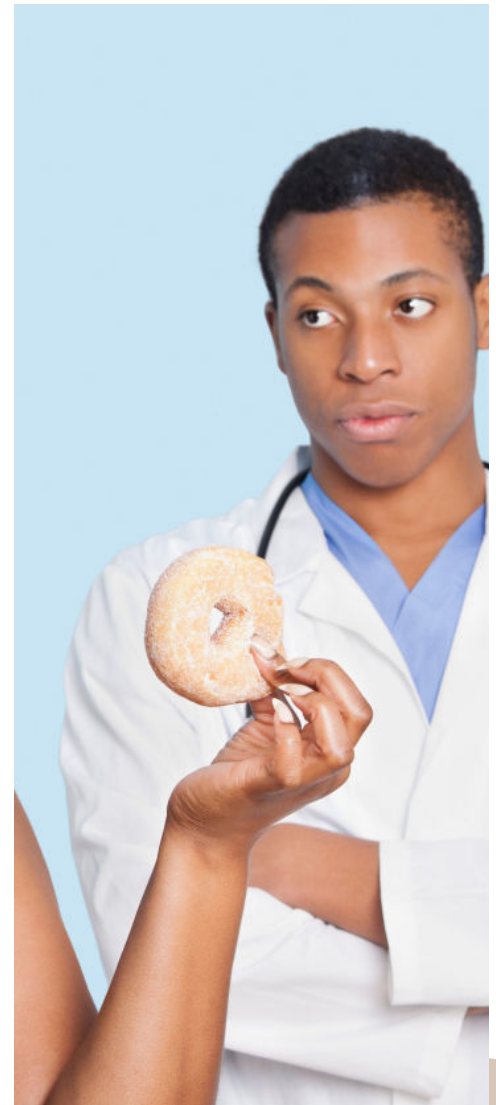
If it sounds too good to be true it usually is not true. Getting to a healthy weight and staying there is not easy. Take a pass on any product that promises miraculous results without the effort. The only thing you'll lose is money.

CLAIM:

Lose weight no matter how much you eat of your favorite foods!

FACT:

You don't have to give up your favorite food—you just can't eat all you want. To lose weight, you simply need to eat less than you usually do. So if you don't like celery sticks, skip them. But remember losing weight requires sensible food choices. Grab a pint of juicy strawberries instead or savor a piece of antioxidant-rich dark chocolate once in a while.



13 Weighing in On Weight Loss Claims ...cont.

CLAIM:

Lose weight permanently! Never diet again!

FACT:

Even if you're successful in taking the weight off, permanent weight loss requires permanent lifestyle changes. Don't trust any product that promises once-and-for-all results without ongoing maintenance. It's just not that simple.

CLAIM:

Just take a pill!

FACT:

Ask any health professional, and they will tell you there's just no magic way to lose weight without diet and exercise. Even pills approved by FDA to block the absorption of fat or help you eat less and feel full are to be taken with a low-calorie, low-fat diet and regular exercise.

CLAIM:

Lose 30 pounds in 30 days!

FACT:

Losing weight at the rate of a pound or two a week is the most effective way to take it off and keep it off. At best, products promising lightning-fast weight loss are a scam. At worst, they can ruin your health.

Weighing in On Weight Loss Claims 14

... cont.

CLAIM:

Everybody will lose weight!

FACT:

Your habits and health concerns are entirely unique to you. There is no one-size-fits-all product guaranteed to work for everyone. Team up with your health care provider or registered dietitian nutritionist who will design a nutrition and exercise program based on your lifestyle and metabolism.

CLAIM:

Lose weight with our miracle diet patch or cream!

FACT:

The word “miracle” should immediately set off alarms. The reality is there’s nothing you can wear or apply to your skin that will melt away the pounds and cause you to lose weight.



There are other warning signs to look out for including; fine print, asterisk, and footnotes, which make it easy for you to miss important information; before-and-after photos that just look too good to be true; and personal endorsements—even those made by celebrities. These endorsements may be made up.

