

Weight Loss

What the experts say about keeping it off

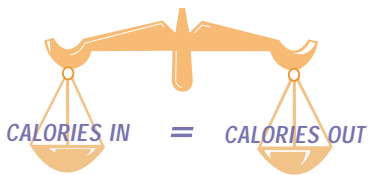
A lot of people can lose weight—but not many people manage to keep it off. Experts say that the key to maintaining a healthy weight is energy balance: making sure that the calories you eat match the energy you use.



- If you're using all the calories you're eating, you've achieved a balance that will allow you to keep weight off for the long term.
- If you eat more calories one day or for a period of time, you'll gain weight unless you increase your activity level to offset the imbalance.
- If you eat less or increase your activity, you can expect to lose weight. For example, if you avoid drinking one 12-ounce soft drink each day—or add 30 minutes of brisk walking most days—over a year you could lose about 10 pounds!

You can help ensure a good balance of energy if you stay aware of your eating, make healthy food choices, and lead a consistently active lifestyle.

The key to weight maintenance:



Be aware

- Check your weight frequently.
- Keep a food journal.
- Know the calories and fat content of the foods you're eating.
- Plan ahead for both meals and physical activity.
- Learn appropriate portion sizes (no portion distortion).
 - Avoid snacking out of a bag or from fridge containers.
 - Put your food on one plate.
 - Keep the serving bowls off the table to discourage seconds.
 - Turn off the TV when you eat.

Make healthy food choices

- Keep low-calorie, high-fiber foods on hand.
- Plan to eat small meals more frequently.
- Never skip breakfast.
- Use a glass of water rather than food to unwind—or instead of juice or pop when you're thirsty.



Lead an active lifestyle

- Exercise about 1 hour per day (aerobic exercise).
- Use a pedometer and go for 10,000 steps per day.
- Find an exercise buddy to help you stick with a program.
- Build your muscles to help maintain weight. Do 8 to 10 muscle-resistant exercises at least 2 days per week, and stretching exercises at least 3 days per week.
- If you choose to watch TV, find a way to exercise at the same time:
 - Use a stationary bike.
 - Lift hand weights during commercials.

“
Everyone cannot be skinny, but
everyone
can be **healthier**.”

*John P. Foreyt, PhD
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Clinical Education Services (801) 442-2963 IHCEDHH002 – 6/05



CHEW ON THIS!

Did you know that one Whopper, fries, and a medium shake adds up to 2,000 calories? This is as much food as you should eat in a whole day—and it contains

74 grams of fat!

**KNOW WHAT YOU'RE
EATING.**



MONITOR YOUR MEAT

A high animal-protein diet isn't good for long-term weight loss—only 2% of people who successfully lose weight and keep it off use high-protein diets.

Such a diet is also not very healthy as a regular eating plan. It's high in substances that cause disease and cancer, and it diminishes blood flow to the heart.