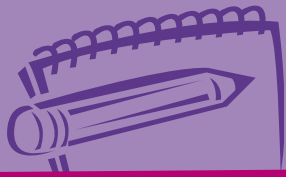
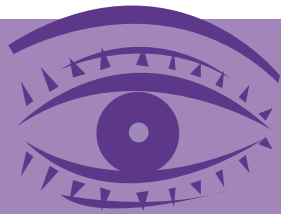


tips to Weight Loss Success



Be a SMART planner!

SMART means being Specific, Measured, Appropriate, Realistic, and Time-bound about what you plan to achieve. For example, if your goal is to increase your physical activity, then write down the type of activity you plan to do, how many times you can realistically do it each week, and for how long each time. Start with small, short, and easier goals, and work your way up.



Keep an eye on the size!

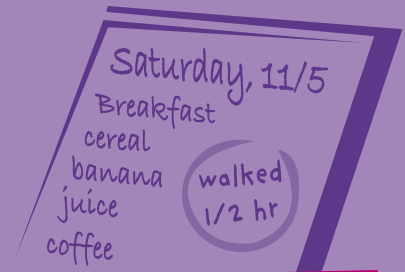
Did you know that we eat most of what is on our plate, no matter what the size of the plate? When at home, try using smaller plates; they will help you take smaller portions. When eating out, share an entrée! Studies show that portions today are often super-sized—enough for two or more people to share.

Make yourself an offer you can't refuse.

Before starting to reach your next goal, offer yourself a promise like this, "If I reach my goal this (day, week, month), I will treat myself to a well-deserved (Fill in a reward here, but not a food reward)." Think of something you want, such as an afternoon off, a massage, a movie, or even a deposit toward a larger reward. Be creative, set up rewards for yourself frequently, and make sure you give them to yourself when you reach your goal.

How much is enough activity?

You need to get at least 30 minutes of moderate physical activity per day, most days of the week to help burn up extra calories. But give yourself credit for the activities that you're already doing. Common activities such as climbing stairs, pushing a stroller, gardening, and walking all count as physical activity. Just make sure you do enough of them.



Balance your (food) checkbook.

Keep a diary of what you eat and how much physical activity you get each day. Then, at the end of each week, record your weight in the same diary. You and your health provider can use this information to adjust your eating and physical activity plan to find the best way to reach your goal.

Am I full yet?



The question may take longer to answer than you think. It takes 15 minutes or more for the message that we're full to get from our stomachs to our brains. So take a few minutes before digging in for that next helping. Having trouble feeling full? Eight glasses (8 ounces each) or more of water or other non-caloric beverages daily fills you up and keeps you refreshed. Also, vegetables and fruits can help you feel fuller, especially when eaten raw.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

Get more tips at NHLBI's "Aim for a Healthy Weight" Web page at www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm or call the NHLBI Health Information Center at (301) 592-8573.

Your Weight and Health Profile

Name _____ Date _____

Age _____ Gender _____ Height _____ Weight _____

Your Body Mass Index (BMI) _____ Your Waist Circumference _____

Your BMI Classification _____ High Risk Waist Circumference _____

- | | |
|--|--|
| <input type="checkbox"/> Underweight (BMI less than 18.5) | <input type="checkbox"/> Men: greater than 40 in. (greater than 102 cm) |
| <input type="checkbox"/> Normal weight (BMI 18.5–24.9) | <input type="checkbox"/> Women: greater than 35 in. (greater than 88 cm) |
| <input type="checkbox"/> Overweight (BMI 25–29.9) | |
| <input type="checkbox"/> Obesity I (BMI 30–34.9) | |
| <input type="checkbox"/> Obesity II (BMI 35–39.9) | |
| <input type="checkbox"/> Extreme Obesity (BMI greater than or equal to 40) | |

Your Current Health Conditions that place you at very high risk: *(check all that apply)*

- Coronary heart disease (CHD)
- Other atherosclerotic diseases (peripheral vascular disease, abdominal aortic aneurysm, or symptomatic carotid artery disease)
- Type 2 diabetes
- Sleep apnea

Note: Other conditions such as osteoarthritis, gallstones, and gynecological abnormalities also increase health risk.

Your Risk Factors associated with overweight or obesity: *(check all that apply)*

- | | |
|---|--|
| <input type="checkbox"/> High blood pressure (hypertension) | <input type="checkbox"/> Cigarette smoking |
| <input type="checkbox"/> High LDL cholesterol | <input type="checkbox"/> High triglycerides |
| <input type="checkbox"/> Low HDL cholesterol | <input type="checkbox"/> Physical inactivity |
| <input type="checkbox"/> High blood sugar | <input type="checkbox"/> Family history of premature CHD |
| <input type="checkbox"/> Age greater than 45 years for men; greater than 55 years for women | |

Your Disease Risk:

Based on your BMI, waist circumference, current disease, and risk factors, your risk for premature death or developing heart disease, diabetes, or other conditions is:

- Low Increased High Very High Extremely High

Your Level of Readiness for weight loss:

- Not ready Ambivalent Ready to take action

Your Prescription:

- Weight loss** (needed if you're obese; or overweight with a high waist circumference and have two or more risk factors). Only for people who are ready to take action.
- Weight maintenance/Prevent further weight gain** (recommended if you're overweight, don't have a high waist circumference, and have less than 2 risk factors)

Your Weight Loss Goals: *(if applicable)*

Goal Weight: _____ (a weight loss of 5-10 percent of initial weight is recommended)

Goal Date: _____ (a weight loss of 1-2 pounds per week is recommended)

Your Plan:

- Lifestyle Therapy** (diet, physical activity, and behavior therapy recommended for 6 months)
- Weight Loss Drugs** (an option if weight loss of 1 lb./week is not achieved after 6 months of lifestyle therapy)
- Surgery** (an option with severe obesity and other diseases when lifestyle therapy and/or weight loss drugs have failed)

