



Tips to Get Started

GOALS:

Figure out your healthy weight.

Ask your doctor, or check the BMI scale to determine your healthy weight.

Aim for 10%.

If you are trying to lose weight, you can lose up to 10% of your weight in six months by eating properly and exercising regularly. A realistic goal is to lose 1 to 2 pounds per week. To do this, you'll need to take in fewer calories by changing your diet and burn more calories by getting more physical activity.

You are what you eat.

Think about the foods you eat, their nutritional value, calories and portion size every time you eat.

Know your weight.

Weigh yourself regularly to measure your progress and keep yourself motivated.

Date: _____ Current weight: _____ Goal weight: _____

Adult Body Mass Index (BMI) Table

Are you a healthy weight? One measure of weight is called BMI, which stands for "Body Mass Index." BMI is a number, based on your height and weight, which can tell you if you are a normal weight, underweight, overweight, or obese. In general, a healthy weight for adults is a BMI that is in the "normal" range.

Find your BMI. On the chart below, find your height in the far left column. Move across the row until you find your weight. The number at the top of the column is your BMI.

	Normal					Overweight					Obese					Extreme Obesity											
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
Height (inches)											Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369

EXERCISE:

Aim for moderate physical activity for 30 to 45 minutes, at least 3 to 5 times a week, or vigorous activity for 20 minutes at least 3 times a week. Talk to your doctor about an exercise plan that is right for you.

Moderate means you will notice an increase in your heart rate during the physical activity. For example:

- ☐ Wash and wax your car for 30 to 60 minutes.
- ☐ Wash the windows or floors in your house for 30 to 60 minutes.
- ☐ Garden for 30 minutes.
- ☐ Walk briskly around town or with dog for 30 minutes.
- ☐ Dance for 30 minutes.
- ☐ Rake leaves for 30 minutes.
- ☐ Bicycle for 30 minutes.

Vigorous means the physical activity will cause an increased heart rate, rapid breathing, and sweating. For example:

- ☐ Bicycle fast for 15 to 30 minutes.
- ☐ Swim laps for 20 minutes.
- ☐ Walk up the stairs in your office or a local mall for 15 minutes.
- ☐ Jump rope for 15 minutes.
- ☐ Shovel the snow for 15 minutes.

Squeeze in exercise whenever you can.

- ☐ Walk or take public transportation to work instead of driving.
- ☐ Take the stairs instead of the elevator.
- ☐ Walk while you are watching your children play at the playground or soccer field.
- ☐ Exercise during some of your break time at work.
- ☐ Watch less TV, but when you do watch TV, exercise while you watch or during the commercials.
- ☐ Get friends and family to join you! You are more likely to stick to it if it is fun, and if the people around you are supporting you.

When you are exercising, if you experience chest pain or pressure, trouble breathing or shortness of breath, light-headedness or dizziness, or nausea, stop your exercise program and contact your doctor.



DIET:

Aim for five or more servings of fruits and vegetables a day.

Try to have half your plate as vegetables at main meals, and eat fruits and vegetables for snacks.

Control portion sizes.

Many people eat serving sizes that are too big. One serving of meat, chicken, or fish would fit in the palm of your hand. Eat only one plate of food at each meal.

Reduce your alcohol consumption.

Alcohol puts on weight. If you drink alcohol, don't drink more than 1 to 2 drinks per day.

Drink lots of water.

Drinking water throughout the day will fill you up and keep you hydrated.

Cut down on soft drinks.

Drinking more than one can of soda per week can make you gain weight. Soda has no nutritional benefit.

Cook at home.

Meals cooked at home are healthier than prepared meals and fast food.

Do not eat in front of the television.

People usually eat more while they are watching TV.

Eat three meals a day.

Skipping meals can actually make you gain weight. It is important to eat breakfast, lunch, and dinner every day.

Watch out for the little things.

Cutting down the cream in your coffee, the cream cheese on your bagel, or the butter on your bread, for example, can cut out a lot of calories and help you lose weight.

Don't be discouraged! Remember that trying your best does count. No matter how much weight you lose, getting more physical activity and eating healthy will make you healthier and give you more energy.

For more information, talk to your doctor, or log on to www.massmed.org/YourHealthFirst and click on the Healthy Weight tab.

