**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:

<table>
<thead>
<tr>
<th>Date: ________________</th>
<th>Current weight: ______</th>
<th>Goal weight: ______</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tips to Get Started</strong></td>
<td><strong>GOALS:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Losing Weight and</strong></td>
<td><strong>Figure out your healthy</strong></td>
<td><strong>Ask your doctor, or check the BMI scale to determine your healthy weight.</strong></td>
</tr>
<tr>
<td><strong>Keeping Weight Off</strong></td>
<td><strong>Aim for 10%.</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>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.</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>You are what you eat.</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Think about the foods you eat, their nutritional value, calories and portion size every time you eat.</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Know your weight.</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Weigh yourself regularly to measure your progress and keep yourself motivated.</strong></td>
<td></td>
</tr>
</tbody>
</table>

---

### Normal Body Mass Index (BMI) Table

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>58</th>
<th>59</th>
<th>60</th>
<th>61</th>
<th>62</th>
<th>63</th>
<th>64</th>
<th>65</th>
<th>66</th>
<th>67</th>
<th>68</th>
<th>69</th>
<th>70</th>
<th>71</th>
<th>72</th>
<th>73</th>
<th>74</th>
<th>75</th>
<th>76</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Weight (pounds)</td>
<td>91</td>
<td>94</td>
<td>96</td>
<td>97</td>
<td>94</td>
<td>96</td>
<td>97</td>
<td>98</td>
<td>97</td>
<td>99</td>
<td>102</td>
<td>104</td>
<td>106</td>
<td>108</td>
<td>110</td>
<td>112</td>
<td>114</td>
<td>115</td>
<td>117</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BMI</th>
<th>16.5</th>
<th>17.5</th>
<th>18.5</th>
<th>19.5</th>
<th>20.5</th>
<th>21.5</th>
<th>22.5</th>
<th>23.5</th>
<th>24.5</th>
<th>25.5</th>
<th>26.5</th>
<th>27.5</th>
<th>28.5</th>
<th>29.5</th>
<th>30.5</th>
<th>31.5</th>
<th>32.5</th>
<th>33.5</th>
<th>34.5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Normal</strong></td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td><strong>Obese</strong></td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td><strong>Extreme</strong></td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>E</td>
</tr>
</tbody>
</table>

*The number at the top of the BMI chart is your BMI.*

**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. If your BMI is in the “normal” range, you’re a healthy weight. If your BMI is in the “overweight” or “obese” range, you’re not a healthy weight. A healthy weight is a goal if you need to lose weight. In general, a healthy weight is a weight that 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 is a healthy weight for you. One measure of weight is called BMI, which is a number based on your height and weight, which can tell you if you are a normal weight, underweight, overweight or obese. For adults, a BMI is calculated 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 is a healthy weight for you.
**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.