

WEIGHT LOSS:

EXERCISE, NUTRITION AND SUPPORT ARE KEY

Did you know nearly 50% of New Year's resolutions include losing weight?

And that number could be even higher this year thanks to a stressful election season that drove some people to binge eat or drink, combined with the infamous "COVID-19" pounds that many have gained since the start of the pandemic.

If you resolve to shed pounds this year, don't follow a fad diet. Instead, focus on eating healthy foods in moderation, exercising and seeking support. If you're strong in one area but weak in another, direct more of your energy there. And remember: Weight should be lost gradually for it to be safe and for sustainable habits to form.

Before you start a weight-loss plan, it's important to calculate your Body Mass Index (BMI). You're at a healthy weight if your BMI is between 18.5 and 25. Studies show a BMI above 30 (obesity) increases your risk for many chronic health problems. If your BMI is beyond the normal range, work with your doctor or health coach to create a personalized weight-loss plan.

BMI Chart

HEIGHT	BMI									
		19	21	23	25	27	29	31	33	35
	5'	97	107	118	128	138	148	158	168	179
	5'2	104	115	126	136	147	158	169	180	191
	5'4	110	122	134	145	157	169	180	192	204
	5'6	118	130	142	155	167	179	192	204	216
	5'8	125	138	151	164	177	190	203	216	230
	5'10	132	146	160	174	188	202	216	229	243
	6'	140	154	169	184	199	213	228	242	258
	6'2	148	163	179	194	210	225	241	256	272
6'4	156	172	189	205	221	238	254	271	287	



Calculate your BMI: (example above)

Height 5'6"
Weight 167 lbs.
BMI 27

Your BMI results:

Less than 18.5 Underweight
18.5 – 24.9 Normal weight
25 – 29.9 Overweight
30 – 34.9 Obesity, Class 1
35 – 39.9 Obesity, Class 2
Greater than 40 Extreme obesity

EXERCISE

STRAPPED FOR TIME?
Read the “mini-habits”
article on page 15 to
learn how to make small,
manageable changes.

INCORPORATE EXERCISE

Physical activity is a primary part of reaching and maintaining a healthy weight. To lose weight, your body needs to burn more calories than you eat.

The number of calories you burn through physical activity depends on the intensity of the activity, your weight and the time you put in. Lower intensity activities require more time to burn the same number of calories.



For example:

A 30-50-year-old **woman** who does not exercise needs about 1,800 calories a day to maintain her normal weight.

A 30-50-year-old **man** who does not exercise needs about 2,200 calories to maintain his normal weight.

For every hour of exercise they do, they would burn:

- **240 to 300 calories**

doing light activity such as cleaning house
or playing baseball or golf

- **370 to 460 calories**

doing activity such as a brisk walk
(3.5 mph), gardening, biking
(5.5 mph) or dancing

- **580 to 730 calories**

doing activity such as
jogging at a pace
of 9 minutes per
mile, playing
football or
swimming
laps

- **740
to 920
calories**

doing activity
such as running at
a pace of 7 minutes
per mile, playing hockey
or skiing



MAKE YOUR CALORIES COUNT

We've established that you must burn more calories than you consume to lose weight, but when it comes to eating for weight-loss, both quantity and quality are important.

What you eat matters as much as how much you eat.

"Empty" calories, such as those from solid fats and added sugars, provide no vitamins or minerals. Most of the calories in soda, flavored fruit drinks and alcoholic beverages are empty calories. Consuming these things will leave you feeling hungry.

Conversely, high-fiber and protein-rich foods, such as fruits, vegetables, whole grains, poultry, fish, beans, nuts and low-fat dairy, are packed with nutrients. They can fill you up and satisfy your hunger.

8 healthy ways to cut 500 calories a day

1. Choose lower-calorie snack options.
2. Cut one high-calorie treat a day.
3. Don't drink your calories (including alcohol).
4. Skip second helpings.
5. Try low-calorie substitutions.
6. Use a plate or bowl for all meals and snacks.
7. Say "no" to fried food.
8. Take half your restaurant meal home.



NUTRITION

SUPPORT

BUILD IN SUPPORT AND ACCOUNTABILITY

Are you the type of person who likes to be cheered on? Are you more likely to stay committed to your goals when you tell someone else about them?

Most people find it easier to stick to their habits when they have encouragement or know that someone is counting on them.

Weight-loss support can come in many forms, such as:

- Asking a friend or family member to send you uplifting texts or to check in with you regularly to see how your journey is going
- Involving a personal trainer, weight-loss coach or online support group
- Finding a workout buddy or accountability partner who you'll be letting down, too, if you don't stick with your commitment
- Using apps that help you track calories, water intake and exercise

Consider what type of support would work best for you and build it into your weight-loss plan.

**Did you know
that obesity increases
the risk of severe illness
from COVID-19?**

CLICK THE LINK TO TAKE A SHORT QUIZ
FOR PROOF OF COMPLETION:

<https://www.surveymonkey.com/r/JCJ7987>



Talk with your doctor
before starting a new diet
or exercise program,
especially if you have an
underlying medical condition.

