

# Keeping Me Healthy

*(on target to a healthy weight)*



**REAL MEDICINE™**

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The material in this book is informational and has been gathered from a number of government and health industry sites including the AMA, US Dept. of Health and Human Resources, and the United States Department of Agriculture. Many of the charts are taken directly from these sites.

Patients thinking of undertaking serious weight reduction and/or an exercise program should always consult with their physician. The information, herein, is not intended to replace the judgment of a physician.

## **The Obesity Epidemic**

According to recent data from the National Health and Examination Survey (NHANES), an estimated 64 percent of adults and 25 percent of children and teens are considered overweight. Overweight and obesity contribute to heart disease, which remains the number one killer in the nation. Overweight and obesity are associated with an increased risk for hypertension (high blood pressure), stroke, diabetes and high cholesterol. Sleep apnea, as well as impaired lung function, gall bladder disease, gout and arthritis can occur with severe obesity.

## **What is Obesity?**

We all have and need fat tissue in our body. When there is too much fat, the result is obesity. Obesity is not a sign of a person being out of control. It is a serious medical disease and is the second leading cause of preventable death after smoking.

## **How Is Obesity Measured?**

Your bathroom scale may give you a measure of your weight but it is not the best way to determine if you are overweight or obese.

**1. Body Mass Index (BMI)** is a number based on both your weight and height. It can help you determine the degree to which you are overweight or obese. It uses specific “cut points” or numbers which define whether you are at a healthy weight, overweight, obese or severely obese. There are three ways to calculate your BMI:

- Use the chart on the next page to find your weight and height and then go above the column to find your BMI.
- A second way is to use the BMI calculator on the NHLBI Web site at <http://www.nhlbisupport.com/bmi/>

**Body Mass Index Table**

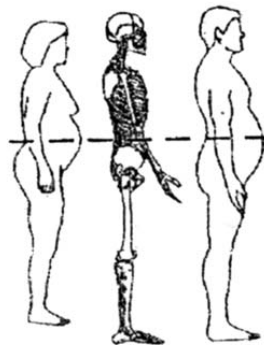
Normal LEVEL I		Overweight							Obese LEVEL II							Extreme Obesity LEVEL III																				
		25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54					
Height (inches)		Body Weight (pounds)																																		
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
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	227	232	237	242	247	252	257	262	267
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	235	240	245	250	255	261	266	271	276
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	243	248	254	259	264	269	275	280	285
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	251	256	262	267	273	278	284	289	295
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	259	265	270	278	282	287	293	299	304
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	267	273	279	285	291	296	302	308	314
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	276	282	288	294	300	306	312	318	324
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	284	291	297	303	309	315	322	328	334
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	293	299	306	312	319	325	331	338	344
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	302	308	315	322	328	335	341	348	354
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	311	318	324	331	338	345	351	358	365
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	320	327	334	341	348	355	362	369	376
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	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	29	302	309	316	324	33	338	346	353	361	368	375	383	390	397
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	348	355	363	371	378	386	393	401	408
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	358	365	373	381	389	396	404	412	420
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	367	375	383	391	399	407	415	423	431
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	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

- A third way is to calculate it, as shown below:

<b>BMI Calculation Directions and Sample</b> <i>Here is a shortcut method for calculating BMI.</i>	
Example: for a person who is 5 feet 5 inches (65") tall weighing 180 lbs.	
1. Multiply weight (in pounds) by 703	$180 \times 703 = 126,540$
2. Divide the answer in step 1 by height (in inches)	$126,540 / 65 = 1,946$
3. Divide the answer in Step 2 by height (in inches) to get your BMI	$1,946 / 65 = 29.9$ <b>BMI = 29.9</b>

**2. Waist Circumference Measurement** – Your waist circumference measurement is also important in determining your risk. If most of your fat is around your waist, you are at greater risk for developing heart disease and diabetes. This risk increases with a waist measurement of greater than 35 inches for women and 40 inches for men. To measure waist circumference:



Measuring Tape Position for waist (abdominal) circumference in adults.

- \* Locate the upper hip bone and the top of the right iliac crest.
- \* Place a measuring tape in a horizontal plane around the abdomen at the level of the iliac crest.
- \* Ensure that the tape is snug, but does not compress the skin, and is parallel to the floor.
- \* Read tape measurement at the end of a normal expiration.

3. **Waist to Height Ratio (WHtR)** The waist-to-height ratio is calculated by dividing your waist size by your height. The WHtR may give a more accurate assessment of health for serious athletes, especially body builders, who have a higher percentage of muscle and a lower percentage of body fat, or for women who have a “pear” rather than an “apple” shape. A WHtR under 50.0% is generally considered healthy.

## Am I At Risk?

First, let’s gather some information...

1. My BMI is: \_\_\_\_\_
2. My waist circumference is: \_\_\_\_\_
3. My waist to height ratio is: \_\_\_\_\_
4. I have the following risk factors:
  - \_ I smoke
  - \_ I have high blood pressure
  - \_ I have high cholesterol
  - \_ I have high blood sugar
  - \_ I have a family history of heart disease
  - \_ I am physically inactive

**Talk to your doctor about your results.** If you are overweight, do not have a high waist measurement and have less than two risk factors, it’s important that you not gain any more weight. If you are overweight (BMI > 30), it is important for you to lose weight. Even a small weight loss (just 10 percent of your current weight) will help to lower your risks.

## How Do I Get Started?

To lose weight, you need to eat less and move more. Often, easier said than done. Many people make repeated attempts, often using different fad diets and weight loss gimmicks, which are unsuccessful.

### Did You know:

- That simply losing as little as 10 percent of your current body weight can make a difference to your health?
- That a reasonable and safe weight loss is 1-2 pounds per week? While it may take as long as six months to lose the weight, it will make it easier to keep the weight off.
- That it is better to maintain a moderate weight loss over a longer period of time than it is to lose lots of weight and regain it?

## What Are Your Eating Habits Now?

Please answer the following questions and check the boxes that most closely describe your eating patterns.

1. Do you follow a special diet?

- No       Diabetic       Low Sodium  
 Low fat       Kosher       Vegetarian  
 Other

2. Which meals do you eat regularly?

- Breakfast       Lunch       Dinner

3. When do you snack?

- Morning       Afternoon       Evening  
 Late Night       Throughout the day

What are your favorite snack foods? \_\_\_\_\_

4. Do you eat food out or order food in?       Yes       No

How often?       Daily       Weekly       Monthly

What kind of restaurants/cuisine? \_\_\_\_\_

5. How is your food usually prepared? (Check all that apply)

- Baked                       Broiled       Steamed  
 Boiled                       Fried           Poached  
 Other

6. How many times each day do you have the following food?

a. **Starch** (bread, bagel, roll, cereal, pasta, noodles, rice, potatoes)  
 Never    Less than 1    1-2    3-5    6-8    9-11

b. **Fruit**  
 Never    Less than 1    1-2    3-5    6-8    9-11

c. **Vegetables**  
 Never    Less than 1    1-2    3-5    6-8    9-11

d. **Dairy** (milk, yogurt)  
 Never    Less than 1    1-2    3-5    6-8    9-11

e. **Meat**, fish, poultry, eggs, cheese  
 Never    Less than 1    1-2    3-5    6-8    9-11

f. **Fat** (butter, margarine, mayonnaise, oil, salad dressing, sour cream, cream cheese)  
 Never    Less than 1    1-2    3-5    6-8    9-11

g. **Sweets** (candy, cake, regular soda, juice)  
 Never    Less than 1    1-2    3-5    6-8    9-11

7. What beverages do you drink daily and how much?

- Water                      \_\_\_\_\_ times or glasses per day (8oz.)  
 Coffee                      \_\_\_\_\_ times or cups per day  
 Tea                              \_\_\_\_\_ times or cups per day  
 Alcohol                      \_\_\_\_\_ times or glasses per day  
 Soda                            \_\_\_\_\_ times or glasses per day  
 Other                            \_\_\_\_\_



## How To Lose Weight

To be successful at losing weight, you need to adopt a new lifestyle. This means making changes such as eating healthy foods, being more physically active and learning how to change behaviors. Over time these changes will become routine.

### Are you ready to change your lifestyle?

Take a few minutes and answer the following questions.

#### Readiness Checklist

How important is it for you to lose weight now?

Not Important      1   2   3   4   5      Very Important

Is your family supportive of your decision?

Not Supportive      1   2   3   4   5      Very Supportive

Are you ready for lifestyle changes a part of your weight program?

Not Ready      1   2   3   4   5      Very Ready

How confident are you that you can lose weight this time?

Not Confident      1   2   3   4   5      Very Confident

Do you feel you have the needed energy to lose weight?

Yes       No

Are there events in your life that make losing weight difficult?

How much time are you able to devote to physical activity on a weekly basis?

Do you believe that you can make time to keep an eating diary?

Yes       No

How much weight do you expect to lose? \_\_\_\_\_

How fast do you expect to lose it? \_\_\_\_\_

What other benefits do you see from losing weight?

Now that you have identified your eating patterns, compare your diet to the Healthy Diet recommended by the 2005 Panel of the United States Department of Agriculture (USDA).

## A Healthy Diet

A healthy diet is low in calories and has a good balance between the different food groups. Follow these recommendations to help balance your diet:

- Eat at least five to nine servings of fruits and vegetables per day
- Eat 25 to 30 grams of fiber per day (from fruits, vegetables, beans, whole grain breads, pastas and cereals)
- Choose whole grains instead of refined, processed carbohydrates
- Drink at least 64 ounces of water per day
- Eat at least two servings of low-fat dairy each day (low-fat milk, cheese, etc.)
- Choose more low-fat sources of protein (such as skinless chicken, turkey, soy products) while choosing leaner cuts of beef and pork
- Eat fish at least two times per week
- Limit salt (sodium) intake to 2,400 milligrams (approximately 1 teaspoon) per day or less

## Mix Up Your Choices in Each Food Group

**Focus On Fruits.** Eat a variety of fruits—whether fresh, frozen, canned or dried—rather than fruit juice for most of your fruit choices.

**Vary Your Veggies.** Eat more dark green veggies, such as broccoli, kale and other dark leafy greens; orange veggies such as carrots, sweet potatoes, pumpkin and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils.

**Get Your Calcium-Rich Food.** Get 3 cups of low-fat or fat-free milk or an equivalent amount of low-fat yogurt and/or low-fat cheese (1-1/2 ounces of cheese equals 1 cup of milk), every day. If you don't or can't drink milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

**Make Half Your Grains Whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta.

**Go Lean With Protein.** Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices with more fish, beans, peas, nuts, and seeds.

### **Estimated Calorie Requirements for Each Gender and Age Group at Three Levels of Physical Activity<sup>A</sup>**

Gender	Age (years)	Activity Level <sup>A</sup>		
		Sedentary <sup>B</sup>	Moderate Activity <sup>C</sup>	Active <sup>D</sup>
Child	2 - 3	1,000	1,000-1,400	1,000-1,400
Female	4 - 8	1,200	1,400-1,600	1,400-1,800
	9 - 13	1,600	1,600-2,000	1,800-2,200
	14 - 18	1,800	2,000	2,400
	19 - 30	2,000	2,000-2,200	2,400
	31 - 50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4 - 8	1,400	1,400-1,600	1,600-2,000
	9 - 13	1,800	1,800-2,200	2,000-2,600
	14 - 18	2,200	2,400-2,800	2,800-3,200
	19 - 30	2,400	2,600-2,800	3,000
	31 - 50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

**A** These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine Dietary Reference Intakes, calculated by gender, age, and activity level for reference-sized individuals. "Reference size, as determined by IOM, is based on median height and weight for ages 8 to 18 years of age and median height and weight for that height to give a BMI of 21.5 for adult females and 22.5 for adult males."

**B** Sedentary means a lifestyle that includes only light physical activity associated with typical day-to-day life.

**C** Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

**D** Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with day-to-day life.

## **Keep An Eye On Portion Size**

What's the Difference Between a "Portion" and a "Recommended Serving Size?"

### **Portion**

A "portion" is the amount of food that you choose to eat for a meal or a snack. It can be big or small – you decide.

### **Serving**

A "serving" is a measured amount of food or drink such as 1 cup of milk. Some foods that people eat as a single serving actually contain multiple servings (e.g. a 20 ounce soda or a 3 ounce bag of chips.) To get an idea of a serving size refer to the chart below.

## **Serving Sizes for Food Groups**

### **One serving looks like**

#### **Grains**

1 cup of cereal flakes = fist

1 pancake = compact disc

1/2 cup of cooked rice, pasta or potato = 1/2 baseball

1 slice of bread = cassette tape

1 piece of corn bread = bar of soap

#### **Fruit & vegetables**

1 medium fruit = baseball

1/2 cup of fresh fruit = 1/2 baseball

1/4 cup of raisins = large egg

1 cup of salad greens = baseball

1 baked potato = fist

#### **Milk**

1 1/2 oz. cheese = 4 stacked dice or 2 cheese slices

1/2 cup of ice cream = 1/2 baseball

#### **Fats/Oils**

1 tsp margarine or spreads = 1 dice

### Lean meats and Beans

3 oz. meat, fish and poultry = deck of cards

3 oz. grilled/baked fish = checkbook

2 Tbsp peanut butter = ping pong ball

## **Food Weight Loss Tips**

**1. Establish regular meal times.** Try not to skip any meals because skipping meals leads to overeating later in the day. If you don't have time for a full meal, try to eat a healthy snack or meal replacement bar instead.

**2. Read food labels when you are purchasing food items.** Pay attention to the "portion size", the number of calories in each portion, and the amount of saturated fat in each portion. This can help you make the healthiest food choices.

**3. Make small substitutions in your diet to cut calories.** For example, drink water, diet soda, or unsweetened ice tea instead of high caloric drinks. Choose low-calorie and low-fat versions of salad dressing, cheese, sour cream, and mayonnaise. Go easy on fried foods – bake, broil, poach or grill your foods instead.

**4. Identify "guilty pleasures" such as ice cream, cookies or potato chips.** Continue to enjoy them by trying the low-calorie versions or eating less of the regular version.

**5. Pre-portion your servings to control the amount.** For example, scoop your ice cream into a bowl instead of eating it out of a carton. Bag potato chips or cookies into single-serving size containers or zip-lock bags. Eat the serving size only when you have a craving. Remember to pass on seconds.

**6. Control calories when dining out.** At fast-food restaurants "down-size" food and drinks instead of super sizing them.

**7. Share an entree' with a friend at sit-down restaurants.**

Order a personal salad or side vegetables. Ask restaurants to: "Please hold the cheese," "Leave the dressing on the side," "Use low fat dressing," and, "Please substitute vegetables for French fries."

**8. Pre-plan meals and snacks, and make certain to have the food on hand.** This makes it easier to resist trips to the vending machine and unhealthy, unplanned snacking.

**9. Avoid places and situations that trigger eating.** For example, if walking past the donut shop causes donut cravings, try changing your route. Replace the candy on your desk with fruit or avoid walking near the office candy bowl. Avoid eating while watching television, reading or driving. Many people do not recall what they've eaten while doing other things.

**10. Try substituting other activities for eating.** For example, take a walk, talk to a friend, or listen to music. These activities avoid the extra calories and can be more satisfying than eating.

## **Making Sense out of Food Labels**

Nutrition information on food labels can help you choose healthy foods. Claims on food packages can be confusing. To make better choices read the nutrition facts and the ingredient list to understand the nutrition profile of a product.

# I. NUTRITION FACTS

2. Serving size 1 cup (228g)

Servings per container 2

Serving size: Similar foods have the same serving size to allow for comparisons.

## Amount Per Serving

3. Rule of thumb: aim for 30% of your calories from fat.

**Total Fat** 13g 20%

4. Saturated fats should be eaten in moderation. Less than 10% of your calories should come from these fats.

**Saturated Fat** 5g 25%

**Trans Fat** 3g

5. **Dietary Cholesterol:** 200mg each day is the maximum recommended for a healthy diet.

**Cholesterol** 31mg 10%

6. The American Heart Association recommends no more than 2,400 mg sodium per day.

**Sodium: 660mg** 10%

7. **Carbohydrate:** avoid foods with more than 5g of dietary fibers sugar per serving if you follow a sugar or diabetic diet.

**Total Carbohydrate: 31g** 10%

8. Foods that have at least 3g of fiber per serving are good sources of fiber.

**Dietary Fiber: 0g** 0%

**Sugrs: 5g**

**Protein** 5g

9. Only two vitamins, A and C, and two minerals, calcium and iron, are required on the food label. Your goal is to reach 100% of each per day.

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower.

## **Physical Activity**

Both healthy eating and physical activity are important in weight control. Most successful weight loss involves a combination of eating fewer calories and using more energy through activity.

## **How Much Physical Activity Is Enough?**

- For overall health and to reduce the risk of disease, aim for at least 30 minutes of moderate physical activity most days of the week.
- To help manage body weight and prevent gradual weight gain, aim for 60 minutes of moderate to vigorous physical activity most days of the week.
- To maintain weight loss, aim for at least 60-90 minutes of daily moderate physical activity.

You can do this all at one time, or break it up into 15 minutes at a time.

Most adults do not need to see their doctor before starting or increasing their activity level. **However, you should speak to your doctor before starting a very active (vigorous) program if you are over age 40 (men) or over age 50 (women), or if you have one or more of the conditions below:**

- A health problem, such as heart disease, high blood pressure, diabetes, osteoporosis (bone loss), asthma, or obesity.
- High risk for heart disease, such as a family history of heart disease or stroke, eating a diet high in saturated fat and cholesterol, smoking or having an inactive life style.



<b>Examples of Moderate Amounts of Physical Activity</b>		
	<b>Common Chores</b>	<b>Sporting Activities</b>
<b>Less vigorous, More Time</b>	Washing and waxing a car for 45-60 min	Playing volleyball for 45-60 mins.
	Washing windows or floors for 45-60 mins.	Playing touch football for 45 mins.
	Gardening for 30-45 min	Walking 1-1/2 miles in 35 mins.
	Wheeling self in wheel chair 30-40 min	Shooting baskets for 30 mins.
	Pushing a stroller 1-1/2 miles in 30 min	Bicycling 5 miles in 30 mins.
	Raking leaves for 30 min	Dancing fast (socially) for 30 mins.
	Walking 2 miles in 30 min	Water aerobics for 30 mins.
	Shoveling snow for 15 min	Swimming laps for 20 mins.
<b>More vigorous, Less Time</b>	Stair walking for 15 min	Playing a basketball game for 15-20 mins.
		Bicycling 4 miles in 15 mins.
		Jumping rope for 15 mins.

## Getting Started - A Simple Walking Program

	<b>Warm-Up</b>	<b>Exercise</b>	<b>Cool Down</b>	<b>Total Time</b>
<b>Week 1</b> Session A	Walk 5 min	Then walk briskly 5 min	Then walk more slowly 5 min	15 min
Session B	Repeat above pattern			
Session C	Repeat above pattern			
<b>Continue with at least three sessions during each week of the program</b>				
<b>Week 2</b>	Walk 5 min	Walk briskly 7 min	Walk 5 min	17 min
<b>Week 3</b>	Walk 5 min	Walk briskly 9 min	Walk 5 min	19 min
<b>Week 4</b>	Walk 5 min	Walk briskly 11 min	Walk 5 min	21 min
<b>Week 5</b>	Walk 5 min	Walk briskly 13 min	Walk 5 min	23 min
<b>Week 6</b>	Walk 5 min	Walk briskly 15 min	Walk 5 min	25 min
<b>Week 7</b>	Walk 5 min	Walk briskly 18 min	Walk 5 min	28 min
<b>Week 8</b>	Walk 5 min	Walk briskly 20 min	Walk 5 min	30 min
<b>Week 9</b>	Walk 5 min	Walk briskly 23 min	Walk 5 min	33 min
<b>Week 10</b>	Walk 5 min	Walk briskly 26 min	Walk 5 min	36 min
<b>Week 11</b>	Walk 5 min	Walk briskly 28 min	Walk 5 min	38 min
<b>Week 12</b>	Walk 5 min	Walk briskly 30 min	Walk 5 min	40 min
<b>Week 13 on:</b>	Gradually increase your walking time to 30-60 minutes, three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity.			

### Walking Tips

- Hold your head up and keep your back straight
- Bend your elbows as you swing your arms
- Take long, easy strides

## **Other Weight Loss Options**

### **Weight Loss Medications**

Weight loss drugs approved by the Food and Drug Administration (FDA) may be an option for some patients and should only be used as part of a program that includes diet, physical activity and behavioral changes.

**Weight loss drugs may be considered:**

- For people with a body mass index (BMI) greater than or equal to 27 who also have obesity-related risk factors or disease, or
- For people with a BMI greater than or equal to 30 without other obesity-related risk factors or disease, or
- If weight loss of 1 pound per week has not occurred after 6 months of a calorie-controlled diet and physical activity.

If you think that you are a candidate for weight loss drugs, you should discuss this option with your doctor.

### **Weight Loss Surgery**

Weight loss surgery may be an option for patients with severe obesity (BMI greater than or equal to 40 or greater than or equal to 35 with high-risk, co-morbid conditions such as life-threatening severe sleep apnea, obesity-related cardiomyopathy, or even severe diabetes). Weight loss surgery may also be considered with severe obesity when other methods have failed.

Two types of operations have proven to be effective: a banded gastroplasty that limits the amount of food and liquids the stomach can hold, and the Roux-en-Y gastric bypass that, in addition to limiting food, also alters digestion.

Both of these carry a risk of complications depending on the individual's weight and overall health. Lifelong medical monitoring is necessary as well as a comprehensive program before and after surgery to provide guidance on diet, physical activity, and psychosocial concerns.

If you feel that you are a candidate for the surgery, talk to your doctor.

## **Get On Target**

Weight management is a long-term challenge influenced by behavioral, emotional and physical factors. Changing the way you approach weight loss can help you be more successful.

### **Set Goals**

Setting the right goals is an important first step. It is important to set weight, diet and physical activity goals. People who are successful at managing their weight set only two to three goals. Effective goals are: specific, realistic and forgiving (less than perfect). For example:

“Exercise more” is a fine goal but not specific.

“Walk 5 miles every day” is specific and measurable but is it achievable if you’re just starting out?

“Walk 30 minutes every day” is more attainable but what happens if there’s a thunderstorm and you can’t walk one day?

“Walk 30 minutes, 5 days each week” is specific, achievable and forgiving. A Great Goal!

### **Reward Success**

An effective reward is something that is desirable, timely, and dependent upon meeting your goal. It may be material (e.g. a movie, music, CD) or an act of self-kindness (e.g. an afternoon off from work, a massage or personal time). Frequent small rewards earned for meeting smaller goals are more effective than bigger rewards requiring a long, difficult effort.

### **Self-Monitoring**

Self-monitoring refers to observing and recording some aspect of your behavior, such as calorie intake, servings of fruits and vegetables eaten, and amount of physical activity or an outcome of these behaviors, such as weight. When you record your behavior, you produce “real time” records for you and your doctor to discuss.

Regular monitoring of your weight is key to keeping it off. Remember the following if you are keeping a weight chart or graph:

- One day's diet and activity routine won't necessarily affect your weight the next day.
- Your weight will change over a period of days due to fluctuations in water and body fat.
- Try to weigh yourself at a set time once or twice a week.
- Whatever time you choose, just make sure it is always the same time and the same scale to keep you more accurate.

### **Get the Fullness Message**

- Eating slowly will help you feel satisfied when you've eaten the right amount of food for you. It takes 15 minutes or more for your brain to get the message that you've been fed.
- Eating lots of vegetables and fruit and also starting a meal with a broth-based soup can help you feel fuller.
- Using smaller plates helps to moderate portions so they don't appear too small.
- Drinking at least eight glasses of noncaloric beverages each day will help you to feel full, possibly eat less, and benefit you in other ways.
- Serving food from the kitchen instead of the table can help you be less tempted to eat more.
- Pouring food or snacks from large packages into smaller ones and keeping them in your cupboard can help you from overeating.

## St. John Health Resources

### **Macomb Weight Loss Institute:**

Locations in Shelby Township and at St. John Hospital and Medical Center..... 866-996-3066

### **Individual Nutrition Counseling:**

St. John Detroit Riverview Hospital ..... 313-499-4847  
St. John Macomb Hospital ..... 586-573-5251  
St. John North Shores Hospital ..... 586-466-5262  
St. John Oakland Hospital ..... 248-967-7692  
Providence Hospital ..... 248-849-3903  
St. John River District Hospital ..... 810-329-5343  
St. John Hospital Preventive Cardiology ..... 313-343-3490

**Overeaters Anonymous Support Group** ..... 888-757-5463

**Wellness Seminar, Macomb** ..... 800-848-2822

### **Exercise**

For details go to [www.realmedicine.org](http://www.realmedicine.org) or call 1-888-440-7325.

Personal Training

Exercise Evaluation

Cardio-Mix

Hustle For Your Heart

Total Body Toning

Tai-Chi

Beginner, Intermediate and Advanced Yoga

Pilates

Step Aerobics

Fit For Life

B-Fit, in conjunction with the Oakland Center for Weight Loss

## Web Resources

- St. John Health Weight Loss Services, [www.realmedicine.org/WeightLoss](http://www.realmedicine.org/WeightLoss)
- American Dietetic Assoc., [www.eatright.org](http://www.eatright.org)
- Mayo Clinic, [www.mayoclinic.com](http://www.mayoclinic.com) (search for “obesity”)
- National Heart, Lung and Blood Institute, [www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)
- President’s Council on Physical Fitness and Sports, [fitness.gov/fitness.htm](http://fitness.gov/fitness.htm)
- Shape Up America, [www.shapeup.org](http://www.shapeup.org)
- US Department of Agriculture, [www.my pyramid.gov](http://www.my pyramid.gov)

The material in this book is informational and has been gathered from a number of government and health industry sites including the AMA, US Department of Health and Human Resources, and the United States Department of Agriculture. Many of the charts are taken directly from these sites.

Patients thinking of undertaking serious weight reduction and/or an exercise program should always consult with their physician. The information, herein, is not intended to replace the judgment of a physician.

## American Medical Association Food and Activity Diary

As part of your dietary management plan, you may want to utilize a Food and Activity Diary. This log is a good tool to help you keep track of what you are eating and doing and when. Be sure to record the following information each day and review it with your health care provider.

1. **Date, time and place of your meals, snacks and nibbles.**
2. **Describe the foods eaten and estimate the portion size.**
  - Meat, fish, poultry and cheese are best described in ounces (3 oz. is approximately the size of a deck of cards)
  - Vegetables and fruits are best described in relation to cups (1 cup is approximately the size of a woman's fist)
  - Beverages are best described in fluid ounces (1 cup = 8 oz.)
3. **Rate your hunger before eating:**
  - 0 = Not hungry and uninterested in eating
  - 1 = Not hungry but interested in eating
  - 2 = Neutral
  - 3 = Mild to moderately hungry
  - 4 = Moderately to extremely hungry
4. **List, describe and estimate the time spent on any physical activity performed throughout the day. Be specific.**
5. **Remember to also record the following:**
  - All condiments (i.e., 1t butter; 1T mayonnaise; 3T sour cream, etc.)
  - Combination foods by breaking them down (e.g. 2 C noodles; 1/2C marinara sauce)
  - How food is prepared (home, restaurant, fast food—baked, broiled, fried, etc.)

<b>Time</b>	<b>Amount</b>	<b>Food Selection</b>	<b>Hunger Rating</b>
12:30	1 large	Onion pita	3
	3 oz.	White turkey	
	2 oz.	American cheese	
	1 C	Lettuce	
	1 slice	Tomato	
	8 oz.	Yogurt, custard style	
	1 large	Banana	
	16 oz.	Root Beer	

Adopted from the Wellness Institute, Northwestern Memorial Hospital



\_\_\_\_/\_\_\_\_/\_\_\_\_ Sun Mon Tues Wed Thur Fri Sat

Time	Amount	Food Selection	Hunger Rating
Type of Activity (10 minutes per square) laundry, cleaning house			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water (8 fluid ounces per square)			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - - - - -

Duplicate this form for each day of the week for a period of a month.