

## **10,000 Step-Up Program 2010**

### **Tip 2**

#### **Strategies for successful weight loss**

**Physical activity**, combined with healthy eating is key to any plan for long-lasting weight control. Physical activity is sometimes called the “X” word – exercise. Find an exercise that you enjoy to do and stop calling it exercise! Start calling it fun! Join Pilates, sign-up for Zumba, jump on a trampoline, ride a bike, walk with a friend....do anything that keeps your body moving!

#### **Keep it Steady**

A steady routine is the most important factor in getting the most out of your exercise program. Now that you have set the pace and are getting your walk in daily, it's time to step up the pace to a brisk walk.

#### **How to lose weight**

Eat less, exercise more. If only it were that simple! As most dieters know, losing weight can be very challenging. As we've seen, a range of influences can affect how people gain and lose weight. But a basic understanding of how to tip your energy balance in favor of weight loss is a good place to start.

#### **A balancing act**

To lose weight, you must take in less energy (fewer calories) through food than you expend through exercise and metabolism. Some diets may succeed (in the short term, at least) simply because they lead to a reduced calorie intake — even if their methods are not explicitly grounded in calorie reduction.

#### **Counting calories: Doing the math**

Start by determining how many calories you should consume each day. To do so, you need to know how many calories you need to maintain your current weight. Doing this requires a few simple calculations.

First, multiply your current weight by 15 — that's roughly the number of calories per pound of body weight needed to maintain your current weight if you are moderately active. Moderately active means getting at least 30 minutes of physical activity a day in the form of exercise (walking at a brisk pace, climbing stairs, or active gardening). Let's say you're a woman who is 5 feet, 2 inches tall and weighs 150 pounds, and you need to lose about 12 pounds to put you in a healthy weight range. If you multiply 150 by 15, you will get 2,250, which is the number of calories per day that you need in order to maintain your current weight (weight-maintenance calories). To lose weight, you will need to get below that total.

For Example, to lose 1 to 2 pounds a week – a rate that experts consider safe – your food consumption should provide 500 – 1,000 calories less than your total weight-maintenance calories.

If you are moderately overweight but not obese, here's one way to tip the energy balance in your favor.

If you are moderately active:

Multiply your weight by 15 to get the number of calories that you need each day to maintain your weight. For example, if you weigh 200 pounds,  $200 \times 15 = 3,000$  weight-maintenance calories.

To lose 1 pound each week, you have to consume 500 fewer calories a day. Thus, for the above example,  $3,000 - 500 = 2,500$  calories per day.

If you are sedentary:

Follow the steps above, plus get 30 minutes of moderate to vigorous activity on most days. Activity of this intensity and duration will burn 150–250 calories a day.

Calorie intake should not fall below 1,200 a day in women or 1,500 a day in men. Eating too few calories can endanger your health by depriving you of needed nutrients.

## **Change Your Perspective and Your Proportions**

Instead of meat and potatoes with a side of veggies, try meals the other way around: Make veggies and grains more prominent and animal protein less so.

Watch what you drink. Regular sodas, fruit juices, and, especially, alcoholic beverages are high in calories.

Eat scheduled meals and snacks. It may seem that skipping meals or cutting out snacks is a smart way to cut out calories, but doing either of these things can work against you. You need to eat regularly, even when you're on a diet. If you don't, you'll feel so hungry that you may give up in frustration.

Give up viewing the task of losing weight as a problem. Challenge yourself! Are you ready to make changes in your life?

## **Health benefits of weight loss**

Losing excess weight can make you feel better both physically and emotionally and can help you live a longer, healthier life. Especially encouraging is the fact that you don't have to lose a tremendous amount of weight to become healthier. Even a modest weight loss of 5%–10% of your starting weight can lead to significant health benefits.

Researchers found that people who lost just 7% of their weight and exercised about 30 minutes a day cut their risk of diabetes by nearly 60%.

Weight loss is so effective that many people with high blood pressure can stop taking blood pressure medicine after they lose weight, for as long as they are able to keep it off.

**Calorie restriction and exercise help many people lose weight, but  
only for as long as you keep up the effort!  
Weigh Less, Live Longer!**