

## Mt. Baker Planned Parenthood

### TIPS FOR LOSING WEIGHT

Date \_\_\_\_\_

Today your weight is \_\_\_\_\_ Your BMI is \_\_\_\_\_

Overweight is a BMI of 25-29.9. Obese is a BMI of 30 or more.

#### **A Healthy Weight Is Important for Your Health.**

Being overweight or obese means you have an increased chance of getting many health problems

- arthritis
- breathing problems
- diabetes (sugar)
- gallbladder problems
- heart disease
- high blood pressure
- sleep apnea (breathing problems while sleeping)
- some cancers
- stroke

#### **Losing Weight — Getting Started**

Start slowly. At first, just try to keep from gaining any more weight. Then set a weight loss goal. Exercise to *burn* calories and improve your diet by eating *fewer* calories. Both can help you to lose. Expect your weight loss to be slow and steady.

#### **Tips for getting exercise**

- Get at least 30 minutes of physical activity a day at least five days a week.
- Ten minutes of exercise three times a day works as well as 30 minutes all at once.
- Try these five methods — Park further away in the parking lot. Take the stairs instead of the elevator. Get off the bus, subway, or train a stop early or late. Walk around your house or apartment. March in place.
- Try exercising to a tape or DVD at home. Tapes can be checked out of the library or bought at many stores.
- Some women like to workout with others. You can sign up for classes at your local Y, gym, or recreation center.

#### **Tips for healthier eating**

- Eat three meals a day, with two small snacks in between.
- Make healthy food choices:
  - Whole grains — Eat whole-grain breads, cereals, crackers, pasta, and rice. Replace white grains with brown grains.
  - Fruit — Eat a variety of fruits: canned, dried, fresh, or frozen. Stay away from fruit juice and fruit drinks.

- Vegetables — Eat those with more color, such as green vegetables (broccoli, kale and spinach) and orange vegetables (carrots, squash, and sweet potatoes).
- Protein — Choose lean meats and poultry, or other sources of protein such as tofu, dairy, and legumes (beans). Baking, grilling, and roasting are better than frying.
- Dairy — Choose low-fat or nonfat cheese, milk, and yogurt. Try lactose-free milk products.
- Omega-3 fatty acids — Eat enriched eggs, flaxseed, salmon, sardines, and walnuts.
- Stay away from high fructose corn syrup, processed foods, and refined sugars that are found in prepared foods — especially baked goods.
- Cut out fruit drinks, soda, and lots of cream and sugar in your coffee or tea.
- Snack on small amounts of healthier foods such as almonds, low-fat yogurt drinks, peanut butter with apples and protein bars.
- Read labels. If you don't understand the label don't buy the product.
- Sign up with a national weight loss program such as Weight Watchers®.

## Helpful Information

- <http://www.choosemyplate.gov>
- <http://www.cdc.gov/nutrition/everyone/index.html>
- <http://www.cdc.gov/healthyweight/index.html>

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### MT. BAKER PLANNED PARENTHOOD HEALTH CENTERS

Bellingham Health Center  
1530 Ellis St.  
Bellingham, WA 98225  
(360) 734-9095  
(877) 714-1149-Toll Free

Mt. Vernon Health Center  
1805 E. Division St.  
Mount Vernon, WA 98274  
(360) 848-1744

Friday Harbor Health Center  
PO Box 1121  
470 Reed St., Unit 2A  
Friday Harbor, WA 98250  
(360) 378-6010

TDD Relay: (800) 833-6388