



Currently in the United States, sixty-six percent of adults are overweight or obese. People tend to gain unnecessary weight for many reasons including habits, genes, illness, certain medicines, and emotions. Achieving or maintaining a healthy weight is vital to good health and contributes to healthy cholesterol, blood pressure, and blood glucose levels. Additionally, a healthy weight helps to prevent many diseases including type 2 diabetes, osteoarthritis, cardiovascular disease, and some cancers. A weight loss of as little as 5 to 15 percent of body weight over 6 months or longer has been shown to improve health, according to the National Institutes of Health.

### THE BASICS OF WEIGHT CONTROL

To maintain a healthy weight, one must balance the calories consumed through food and drink with the energy expended by the body through physical activity. To lose weight, one must consume fewer calories than are expended through physical activity. Improving both dietary and physical activity habits is essential to effective and healthy weight control.

### A HEALTHY DIET

- Choose fruits, vegetables, whole grains, fat-free or low-fat dairy products, lean meats, poultry, fish, beans, eggs and nuts.
- Eat foods low in saturated fats, trans fats, cholesterol, salt and added sugars.
- Serve yourself appropriate portions. When eating out, eat half of the meal and take the remainder home.
- Drink water, fat-free milk, and 100% juice rather than sodas and other sugary drinks.

### A HEALTHY DOSE OF PHYSICAL ACTIVITY

- If you do not currently participate in physical activity, start slowly and build up over time.
- Choose physical activities that you enjoy or experiment with a new activity such as dancing, swimming or bicycling.
- Increase daily lifestyle activities such as taking the stairs rather than the elevator, parking farther from your destination, and gardening or household chores.

Remember, achieving a healthy weight doesn't happen overnight. The National Institutes of Health recommend being realistic about weight-loss goals and aiming for a slow, modest weight loss.

**TO DETERMINE A WEIGHT-LOSS PLAN THAT IS RIGHT FOR YOU, CONSULT YOUR PHYSICIAN.**

# PORTION DISTORTION

When there is an abundance of food on our plates, we get more calories than we need to maintain a healthy weight. Following is a list of single serving sizes from the American Heart Association—you might be surprised!



For more information, contact Pam Coleman, Employer Relations Manager, at 803-395-2527.