



# Weigh to Lose

## *Managing Weight for a Healthier Heart*

Losing weight and keeping it off can improve your health and keep your heart healthy.

### **Benefits of losing weight**

- Lowers your blood pressure, blood cholesterol and prevents diabetes
- Improves your sleep patterns if you have sleep apnea
- Increases your energy level
- Improves self esteem

### **Self monitoring is key for success**

- People who frequently record what and when they eat lose twice as much weight as those who rarely keep track.
- The more you track, the better.
- How much you track is up to you. The ideal is every day, but tracking even once a week helps!

*Did you know portion sizes today are much larger than they were 20 years ago?*

*Did you know the larger the portion you are served, the more you are likely to eat?*

**Quick tip:** serve yourself smaller portions, eat from smaller sized plates, and you will tend to eat less.

### **Six strategies to losing weight**

1. Keep a food and activity log.
2. Eat breakfast & eat regularly.
3. Eat when you are hungry—not for other reasons.
4. Get the right mix of nutrients.
5. Feel satisfied on fewer calories and less fat.
6. Manage portion sizes.

### **Make physical activity part of your weight management strategies**

- Add moderate activity everyday
- Break it up into short bouts (10 minute bouts can be effective)
- Mix it up
- Set your schedule
- The gym isn't always necessary – be active anywhere!
- Make it a family affair
- Track your daily physical activity

**Remember:** Stress is a predictor of relapse in regard to weight management. Stress management is part of your weight management efforts.

*Reward each of your efforts!*