

12 Steps to Better Health

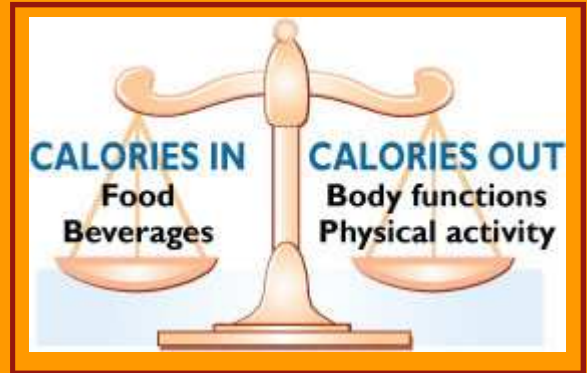
Step 10: October

Weight Management

Weight management isn't just about losing a few pounds by strict dieting. It's about preparing the mind and body for a lifestyle change that includes both healthy eating and regular physical activity.



Balancing the number of calories you consume with the number of calories you burn is the key to weight management. When you consume more calories than you burn, you gain weight. When you burn more calories than you consume, the result is weight loss.



Easy right? Many people may want to lose weight as fast as possible. Losing weight should happen gradually and steadily, approximately one to two pounds per week. Weight loss can produce health benefits, such as lowering blood pressure and cholesterol levels. Those that maintain weight loss may improve their physical health as well as energy levels and self-confidence.



1 lb = 3,500 calories

To lose 1-2 lbs per week, you need to reduce your caloric intake by 500-1000 calories per day.

As you get older, the proportion of muscle decreases and the proportion of fat increases. This results in a slower metabolism. Some people also become less physically active. These two things can make it easier to gain weight.

To maintain a healthy weight:

- Choose an eating plan that's right for you! Practice good eating habits that are full of nutritious foods.
- Get moving and exercise. Add more physical activity to your routine every day!



For more information, visit:

<http://www.cdc.gov/healthyweight/index.html>