PATIENT HANDOUT



NOTES:

Weight Reduction Therapies By Stella Koslosky, MBA, RN, CDE

Temptations to eat beyond our needs are frequent and difficult to resist. But as anyone who has tried to cut back on food intake knows, the tribulations of dieting can be stressful, especially as we get older and may not see results as fast as we'd like. But being overweight can contribute to long-term chronic illnesses such as cardiovascular disease and diabetes. So whether you are trying to lose weight or keep it within manageable limits, here are some tips to help you get started.

START MODESTLY

- Exchange your mid-morning doughnut snack for a piece of fruit.
- Moderately adjust the type and amounts of foods you eat.
- Eat plenty of fruits, vegetables and whole grains.
- Reduce the amount of red meat in your meal plan.
- Add more fish and chicken to your protein intake.
- Keep your fat portions down to 30 percent or less of your total calories.
- Cut down on your portions. Eliminating 500 calories a day will allow a weight loss of 1/2 pound a week, which is reasonable and healthful.
- Make sure your food plan contains all the essential nutrients for good health.
- Using the food guide pyramid can help you choose a safe and healthy diet.
- You may need to work with a physician or registered dietician to help jump-start your diet and keep you on track.

STEPS TO MAINTAIN WEIGHT LOSS

- The essential point in any weight reduction process is making lifestyle changes. These include not only more healthful eating habits, but also physical activity and behavioral changes.
- Having a support system is also a very positive aspect of a weight-loss program.
- Different types of programs such as clinical and non-clinical can advise you on a weight-loss regimen and offer support.

PHYSICAL ACTIVITY ESSENTIAL

- Physical activity increases the number of calories your body uses and, when included in a weight-loss program, sustains that weight loss. In addition, you feel better and your general overall body fitness is enhanced.
- Choose a physical activity that you are going to enjoy doing on a daily basis. Twenty to 30 minutes of aerobic activity three to five times a week is most beneficial. Also include some type of muscle-strengthening activity, such as weight resistance, at least twice a week.
- Dieters over age 40 should see a physician before starting any weight-loss program.

MODIFY YOUR BEHAVIOR

- Think thin.
- Think about those activities that will keep you thin and just do them.
- Walk up steps.
- Garden and vacuum daily.
- Ride a stationary bicycle while watching television.
- Deliberately choose an activity that will keep you moving and a food that is tasty but low in calories.

SEEK ADDITIONAL HELP

- In addition to consultations with a physician and dietician, there are non-clinical programs that offer counseling, food and support.
- If the Internet appeals to you, there are a profusion of Web sites flourishing. Look for quality.
 - Try those backed by legitimate groups—non-profit government and university sources. Look for hospital and other professional organizations that ignore the fads and teach good nutrition and proper exercise. Motivation is up to you.

Stella Koslosky, a free-lance writer and author, has her master's in health care administration and is a certified diabetic educator. Information compiled from WIN Weight Control Information Network at the National Institute of Diabetes and Digestive and Kidney Diseases.

The purpose of this patient education bandout is to further explain or remind you about a medical condition. This bandout is a general guide only. If you bave specific questions, be sure to discuss them with your bealth care provider.