

## Weigh Well How To Lose Weight Healthfully

Losing weight is not easy, but it can be done. Losing weight will help you achieve both physical and mental health. Learn how to lose weight healthfully with these simple and easy tips:

### What's the key to a healthy weight loss? Calories in vs. Calories Out

#### Burn more calories with exercise and activity than you consume in food and drink.

- **Burn more than you consume.** If you eat more than what is required or used by your body, the extra calories will be stored in your body as fat. You need to be physically active every day and eat healthy in order to lose weight. **There is no magic bullet!** *If something sounds too good to be true, it usually is.*
- **Check with your doctor** before starting any weight loss program. It's very important to talk with your doctor if you are considering any weight loss program, especially if you haven't been very active or if you have any chronic health problems such as heart disease, high blood pressure, asthma, arthritis, or diabetes.
- **Safe and Effective Weight Loss** – ½ pound to 2 pounds a week, depending on your weight. In order to lose half a pound a week, decrease your caloric intake by 250 calories per day or burn an extra 250 calories per day through physical activity. To lose a pound a week, decrease your caloric intake by 500 calories per day OR burn an extra 500 calories per day through physical activity. (1 pound = 3,500 calories).
- **Avoid skipping meals.** Keep your metabolism running and your blood sugar level by eating at least 3 meals plus 1-3 healthy snacks per day.
- Start your day with **breakfast.**
- **Choose a variety of foods** – whole grains, fruits and vegetables, and lean protein and dairy.
- Choose foods **low in saturated fat, cholesterol, sodium, and sugar** to reduce total calories and reduce health risks.
- **Eat smaller portions**
- **Limit high calorie beverages**
- **Replace high-fat food and snacks with lower-fat choices.** Read the labels.
- Try **low-fat cooking methods** (e.g., steaming, broiling, baking).

- Eat **smaller meals, more often**. Your body will use the calories more efficiently.
- **Exercise** – Aim for at least 30 minutes of moderate activity, 5 days a week or 20 minutes of vigorous activity 3 days a week. Strength train twice a week on non-consecutive days incorporating 8-10 major muscles.
- **Establish short and long term goals** along with specific objectives on how you will meet those goals. Identify potential barriers and solutions ahead of time. What will you do and how will you stay motivated?
- **Keep a food and activity journal** to track your progress. Keep a diary of when and what you eat, who's with you, and your mood. This will help you identify your eating triggers and keep track of how much you're actually consuming and help you see where you may be getting unwanted calories. Activity journals are also a great way to track and document all the activities you do!
- **Think inches**. Even if you're not losing pounds as fast as you thought you would, you may be losing inches. Check your progress with a tape measure as well as with a scale.
- Make **permanent lifestyle changes**, not temporary fixes.

The number of people in the United States who are overweight or obese is increasing at an alarming rate (over 60% overweight/obese in the US and growing). Most health experts consider this to be such a serious health problem; they are calling it an epidemic. Staying within your recommended weight range is one of the most important things you can do for your overall health and well-being.

**It's important to pay more attention to your weight and look at some of the benefits of reaching and maintaining a healthy body weight.**

- Reduces your risk for serious health conditions associated with being overweight or obese such as heart disease, stroke, cancer, depression, and diabetes.
- Increases your chances of living a longer and more independent life.
- Reduces stress on your joints, which prevent injuries and lower your risk of developing arthritis.
- Reaching a healthy body weight will help you deal with chronic health conditions you already may have.
- The quality of your sleep may improve.
- Your energy will increase so that you can be more productive and work and home.

**For more information or a wellness consultation, contact Julie Chobdee, MPH, Wellness Program Coordinator at [julie.chobdee@ucr.edu](mailto:julie.chobdee@ucr.edu) or x2-1488.**

