

## Healthy Weight Maintenance

Carrying excess weight is associated with many of the leading causes of death in the United States, including heart disease, stroke, and type 2 diabetes. You can help prevent or delay some of these if you take action to manage your weight now! Even if your numbers look good (i.e. total cholesterol, blood pressure, etc.) weighing more than you need to puts strain on your body and organs and can catch up with you before you know it.

### Did you know?

It takes approximately 20 minutes for your brain to get the message that you are full. Eat slowly or wait 20 minutes before going back for seconds.

Not drinking enough water can slow your metabolism.

## Weight Management Tips

A few basic strategies can help you reach and maintain a healthy weight.

- Eat breakfast daily
- Weigh weekly
- Move as much as possible
- Don't skip meals
- Manage your stress effectively
- Get plenty of sleep
- Drink water
- Eat a well-balanced diet

Aim for a sensible rate of weight loss. Although you may lose more at first, you should lose an average of about 2 lbs. per week after the first month or so.

Weight Loss & Maintenance =  
80% Diet / 20% Exercise

The American College of Sports Medicine recommends that adults participate in the following:

- 20 – 30 minutes of moderate intensity exercise 5 days per week or 20 – 30 minutes of vigorous intensity exercise 3 days per week
- Weight training 3 times per week addressing all major muscle groups
- Stretching 2 – 3 days per week

### January is National Blood Donor Month.

Schedule an appointment to donate and help save a life.