Weight Management

Cardiopulmonary Rehabilitation
Nutrition Class

bellin health
Objectives

- Participants will learn:
  - benefits of maintaining a healthy weight
  - learn strategies to maintain a healthy weight
Benefits of a Healthy Weight

- Improved energy
- Fewer joint and muscle pains
- Greater ability to engage in desired activities
- Better control of blood pressure
- Reduced stress on heart and circulatory system
- Better sleep patterns
- Better control of blood sugars
- Reduced risk for heart disease and certain cancers
What is a healthy weight?

- Your body mass index or BMI is a good indicator of whether you're at a healthy weight based on your height.

- Check the table on the next slide to determine your BMI
  - Less than 18.5 = underweight
  - 18.5 - 24.9 = normal weight
  - 25 – 29.9 = overweight
  - 30 – 39.9 = obese
  - Greater than 40 = class III (morbid) obesity
## Body Mass Index and Risks of Overweight

### BMI Table

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**Less risk**

**More risk**
Losing weight

If we eat more calories than we need, we gain weight.

If we eat fewer calories than we use, we lose weight.
Calories = Energy

- Calories are the energy in food.
- Your body has a constant demand for energy and uses the calories from food to function.
- The calories you eat are either converted to energy or stored within your body as fat.
- No matter what the diet... weight management comes down to energy balance. Calories in versus calories out.
How many calories do you need?

- Many factors to consider:
  - Age
  - Activity level
  - Height
  - Basal metabolic rate (BMR)
  - Gender

- BMR: The rate at which energy is used by an organism at complete rest, measured in humans by the heat given off per unit time, and expressed as the calories released per kilogram of body weight.
Calculating Energy Needs - BMR

<table>
<thead>
<tr>
<th>Age</th>
<th>Use This Equation to Calculate Your BMR (basal metabolic rate)</th>
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<tbody>
<tr>
<td>* Men</td>
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<tr>
<td>18 to 30</td>
<td>[15.3 \times \text{weight (in kilograms)}] + 679</td>
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<td>30 to 60</td>
<td>[11.6 \times \text{weight (in kilograms)}] + 879</td>
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<tr>
<td>Older than 60</td>
<td>[13.5 \times \text{weight (in kilograms)}] + 487</td>
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<td>* Women</td>
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<tr>
<td>18 to 30</td>
<td>[14.7 \times \text{weight (in kilograms)}] + 496</td>
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<tr>
<td>30 to 60</td>
<td>[8.7 \times \text{weight (in kilograms)}] + 829</td>
</tr>
<tr>
<td>Older than 60</td>
<td>[10.5 \times \text{weight (in kilograms)}] + 596</td>
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</table>

* Determine your activity level.
**Determine Your Activity Level**

<table>
<thead>
<tr>
<th>If, Throughout Most of Your Day, Your Activities Include</th>
<th>Your Activity Level Is</th>
<th>Your Activity Factor Is</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting or standing; driving; painting; doing laboratory work; sewing, ironing, or cooking; playing cards or a musical instrument; sleeping or lying down; reading; typing</td>
<td>Very light</td>
<td>0.2</td>
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<tr>
<td>Doing garage, electrical, carpentry, or restaurant work; house-cleaning; caring for children; playing golf; sailing; light exercise, such as walking, for no more than 2 miles</td>
<td>Light</td>
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<tr>
<td>Heavy gardening or housework, cycling, playing tennis, skiing, or dancing; very little sitting</td>
<td>Moderate</td>
<td>0.4</td>
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<td>Heavy manual labor such as construction work or digging; playing sports such as basketball, football, or soccer; climbing</td>
<td>Heavy</td>
<td>0.5</td>
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</table>

1. Multiply your BMR (basal metabolic rate) by your activity level
2. Multiply that total by 10% (for digestion and absorption of nutrients)
3. The final total is your estimated daily energy needs
Maintaining a healthy lifestyle can mean many things. Most importantly it is understanding:

- HOW you eat
- WHAT you eat
- WHY you eat
- ACTIVITY
HOW You Eat

- Follow a regular meal plan
  - 3 meals per day, not more than 4-5 hours apart
  - Do not skip breakfast!

- Eat slowly
  - Aim for 20 minutes to eat a meal

- Sit at table to eat, not in front of TV or computer

- Stop eating when feeling comfortably full
WHAT You Eat

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Choose lean proteins
- Pay attention to portions (handout)
WHY You Eat

- Ask yourself why you’re eating
  - Bored, tired, depressed, celebrating, “it was there”
  - If you’re not hungry, try to identify causes and find alternatives; for example
    - Bored: engage in activity
    - Tired: sleep
- Keep a food journal
Mindful Eating

What is it?
- Eating with awareness.
- Paying attention to your body’s signals
  - Eating only when you’re hungry
  - Recognizing when you’re comfortably full & stop.

Mindful eating can improve how you feel about food and eating, your body image, self-esteem and overall health.
Tips for Mindful Eating

- Eat sitting down, without distractions
- Pay attention to your senses (how food looks, smells, feels in your mouth)
- Put your fork down in between bites
- Chew food slowly, try to make meal last 20 minutes
- Pay attention to how you feel after you eat
  Are you full?
Listening to your body’s hunger and fullness cues, can identify when it’s time to eat and when to stop.

Begin eating when you are a 3-4, stop eating when you are at 6-7.

Avoid getting to 1 or 10.
ACTIVITY: how you move

- Regular physical activity is necessary to lose weight and keep it off.

- A good plan may include 30 to 60 minutes of moderate intensity aerobic activity, like brisk walking, done nearly every day.

- Find a physical activity you can do – better yet, find one you enjoy.
Setting Goals

- Realistic, well-planned weight-loss goals keep you focused and motivated

  - Aim for *realistic* weight loss.
  - Think short term and long term
  - Plan for setbacks
  - Check your progress
  - Reassess and adjust your goals as needed
Support and Resources

Bellin Health

- http://www.bellin.org (Services & Programs-Weight Mgt)
  - HMR – non-surgical weight loss treatment program
  - Registered Dietitians in clinic setting
  - Fitness Centers
  - KidShape