

Weight Management

Cardiopulmonary Rehabilitation
Nutrition Class

bellinhealth

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 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		WEIGHT (lb)																					
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
HEIGHT (ft/in)	4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
	4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
	4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
	4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
	4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
	4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
	5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
	5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
	5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
	5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
	5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
	5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
	6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41	
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	
6'5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39	
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	
6'7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36	
6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35	

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

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

* Determine your activity level.

Determine Your Activity Level

If, Throughout Most of Your Day, Your Activities Include	Your Activity Level Is	Your Activity Factor Is
Sitting or standing; driving; painting; doing laboratory work; sewing, ironing, or cooking; playing cards or a musical instrument; sleeping or lying down; reading; typing	Very light	0.2
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	Light	0.3
Heavy gardening or housework, cycling, playing tennis, skiing, or dancing; very little sitting	Moderate	0.4
Heavy manual labor such as construction work or digging; playing sports such as basketball, football, or soccer; climbing	Heavy	0.5

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

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?

Hunger-Fullness Chart



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