

What Can I Do to Manage My Weight?

Here are a few smaller changes that can make a big difference in your weight:

- Carry 'on the go' healthy snacks at all times - avoid fast food
- Drink water - avoid soda and juice
- Eat more vegetables and fruits
- Keep healthy food at home or work - avoid processed foods
- Try mindful eating - slow down your eating and focus on your meal
- Eat at regular intervals
- Eat breakfast every day
- Stay away from eating after 7:00 PM
- Determine how many calories you should eat every day- check out <https://www.supertracker.usda.gov/>
- Identify stressors that make you want to eat - figure out ways to manage stress without increasing calories
- Practice good sleep habits
- Take the stairs instead of the elevator
- Walk more - park further away from your destination
- Go for at least a 10 minute walk every day
- Use a pedometer to measure steps taken per day

Resources for Lifestyle Change

Free web resources:

- www.choosemyplate.gov
- www.supertracker.usda.gov
- <http://go4life.nia.nih.gov>

Apps for your phone or tablet at the iTunes App Store:

- Lose It!
- Fooducate
- My Fitness Pal

Nutrition consults and healthy cooking classes:

- UMass Medical School Center for Applied Nutrition, Worcester MA
508-334-3452
www.umassmed.edu/nutrition

Clinical weight loss program:

- UMass Memorial Medical Center Weight Center, Worcester MA
774-443-3886
<https://umassmemorialhealthcare.org/umass-memorial-medical-center/weight-center>

Support groups:

- Weight Watchers
www.weightwatchers.com
- Overeaters Anonymous
www.aa.org
- Food Addicts in Recovery Anonymous
www.foodaddicts.org

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UMass Psychiatry Wellness Initiative

Healthy Weight Management Ideas for You



**Losing weight can be hard, but
there are ways to make it easier.**

Even small changes to your eating
and activity habits can make an
impact on your weight!

August 2017

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Should I be Concerned About My Weight?

A good way to find out if you should be concerned about your weight is to calculate your **Body Mass Index (BMI)**, which is a measure of body fat based on your height and weight.

- Find your height and weight on the chart below and match them up with the corresponding BMI value.
- For example: a 5'8" person that weighs 151 pounds has a BMI of 23. The BMI is in the normal (green) range.
- If your BMI is less than 19 or falls in the blue or purple areas, this may indicate that your weight may be a health risk. Consult with your doctor.

	Normal					Overweight					Obese					
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
Height	Body Weight (pounds)															
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250

Benefits of Being Physically Active & Having a Healthy Weight

Being physically active can help:

- Improve body image
- Improve relationships with friends and family
- Decrease stress
- Increase self-confidence
- Increase energy
- Improve intimate / sexual relationships
- Maintain a healthy weight

Being physically active is proven to be an effective treatment for depression.

If an overweight person loses just 10% of body weight, this person may:

- Live longer
- Lower cholesterol
- Lower blood pressure
- Lower risk of:
 - Heart attack
 - Stroke
 - Type 2 diabetes
 - Colon, breast, and endometrial cancer
 - Arthritis

If this person keeps the weight off, the person may notice:

- Improved sleep
- Improved movement
- More energy
- Decreased anxiety and depression

Am I Ready to Make Changes to Manage My Weight?

When thinking about losing weight, ask yourself the following questions:

- Does my doctor recommend that I lose weight?
- Is losing weight important to me?
- Am I ready to lose weight?
- Am I confident that I will be able to make the changes necessary to lose weight?

Mark your answers on the rulers below to indicate **importance**, **readiness**, and **confidence** when considering weight loss:

Importance										
0	1	2	3	4	5	6	7	8	9	10
Not at all important										Extremely important
Readiness										
0	1	2	3	4	5	6	7	8	9	10
Not at all ready										Extremely ready
Confidence										
0	1	2	3	4	5	6	7	8	9	10
Not at all confident										Extremely confident

If weight loss is not very important to you right now, ask yourself: What would help motivate me to make changes?

Remember, even small changes to your eating and activity habits can make an impact on your weight and health.

