

Tip *the* Scale in Your Favor



As we age, many of us find it more difficult to maintain a healthy weight, let alone lose weight. New fad diets seem to pop up weekly, promising quick and amazing results. However, the key to reaching and keeping a healthy weight is not about short-term changes in the foods you eat; it is about living a lifestyle that balances the number of calories you eat with the number of calories your body uses.

Body Mass Index

One way to determine if your weight is within a healthy, or normal, range for your height is to measure your Body Mass Index (BMI). BMI does not measure body fat directly but is a quick, easy way to figure out a person's weight status. Individuals who are overweight or obese have increased risks for health problems.

Adult BMI Calculator

$$\text{BMI} = \frac{(\text{weight in pounds}) \times 703}{(\text{height in inches}) \times (\text{height in inches})}$$

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 +	Obese

Centers for Disease Control and Prevention

Nutrition

Making healthy food choices is a key component to managing your weight. Take a look at what you currently eat and

drink over a 24-hour period. If your diet is mostly sugary drinks, sweets, fried foods, or processed foods, there is plenty of room for improvement. Portion size is also important. Most Americans eat more than their bodies need. Eat slowly and pay attention to feelings of hunger. The goal is not to clear your plate but to satisfy your hunger. When choosing your meals for the day, be sure to include plenty of vegetables, fruits, whole grains, low-fat dairy products, lean meats, poultry, and fish. One strategy for selecting healthy food options is to shop the perimeter of your grocery store, where most of the fresh and unprocessed foods are displayed.

Exercise

Exercise is also a key component for managing weight. Participating in moderate intensity activities for 30 minutes a day on most days of the week is vital for controlling your weight. Burning extra calories through exercise reduces fat in your body, helps prevent disease and improves health conditions such as diabetes, high blood pressure and high cholesterol. If you are not currently exercising, walking is a good place to start. Talk with your doctor if you are new to exercise or have a medical condition.



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