Top Foods to help lose weight

For more information, call (816) 404-3320, or email chsi@uhkc.org
What is obesity?

Obesity is a condition that is associated with having an excess amount of body fat, defined by genetic and environmental factors that are difficult to control when dieting. Obesity is classified as having a Body Mass Index (BMI) of 30 or greater. BMI is a tool used to measure obesity. Obesity increases your risk of developing related conditions such as diabetes, hypertension and sleep apnea, to name a few. Many individuals are affected by obesity and are not aware of it.

What does your BMI mean?

<table>
<thead>
<tr>
<th>WHAT’S YOUR BMI?</th>
<th>18.5 - 24.9</th>
<th>25 - 29.9</th>
<th>30 - 34.9</th>
<th>35+</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNDERWEIGHT</td>
<td>NORMAL</td>
<td>OVERWEIGHT</td>
<td>OBESITY</td>
<td>EXTREMELY OBESIVE</td>
</tr>
</tbody>
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1 pound of fat = 3,500 calories

Tips to aim for a healthy weight

Plan regular physical activity with a friend. Find a fun activity that you both enjoy, such as Zumba, jogging, biking or swimming. You are more likely to stick with that activity if you and a friend have committed to it.

Identify temptations. Learn what environment or social activities, such as watching TV or going out with friends, may be keeping you from meeting your goals. Once you have identified them, use creative strategies to help keep you on track.

Set specific and realistic goals. An example of a specific goal is to “walk 30 mins, 5 days a week”. Be realistic about your time and abilities. Consecutive goals that can move you ahead in small steps, are the best way to reach a distant point.

Learn from your slips. Everyone slips, especially when learning something new. Don’t worry if work, the weather, or your family causes you to have an occasional slip. Remember that changing your lifestyle is a long-term process. Find out what triggered the slip and restart your eating and physical activity plan.

Celebrate your success. Reward yourself along the way as you meet your goals. Instead of eating out to celebrate your success, try a night at the movies, go shopping for workout clothes, visit the library or bookstore, or go on a hike.

Enroll in a weight loss challenge. Joining a group with the main goal of losing weight and reaching other health goals is an excellent way to be held accountable! Call the Community Healthy Strategies and Innovations team at UH to find out more: (816) 404-3320.