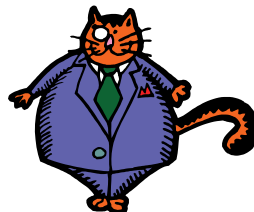


## Obesity & Weight Management

### A Practical Approach



#### What is obesity?

Obesity is a term used to describe body weight that is much greater than what is considered healthy. If you are obese, you have a much higher amount of body fat than is healthy or desirable.

Adults with body mass index (BMI) greater than 30 kg/mg<sup>2</sup> are considered obese.

Anyone who is more than 100 pounds overweight or who has a BMI greater than 40kg is considered morbidly obese.

#### Do not diet!

Do not diet - **change** your diet; change your lifestyle! A combination of dieting and exercise appears to work better than either one alone.



Sticking to a weight reduction program is difficult and requires a lot of support from family and friends. In changing your diet, your main goal should be to learn new, healthy ways of eating and make them a part of your everyday routine. Work with your doctor and nutritionist to set realistic, safe daily calorie counts that assure both weight loss and good nutrition. Remember that if you drop pounds slowly and steadily, you are more likely to keep them off. When integrating a diet plan, ensure that it is something you would be comfortable with for a prolonged period of time.

Even modest weight loss can improve your health. Most people can lose weight by eating a healthier diet, exercising more and adopting new behaviors and keeping a food diary, and thinking positively

Several simple behavioral changes can have an impact on your weight loss success:

- Eating only at the table. No snacking in front of the TV, in bed, while driving, or while standing in front of the open refrigerator.
- Learn about appropriate portion sizes.
- Choose low calorie snacks, such as raw vegetables.

- Consider learning meditation or yoga as a way of managing stress, rather than snacking.
- Find ways to socialize and enjoy friends and family that don't involve a meal or dessert.
- Consider keeping a diet and exercise journal. This may help you identify overeating triggers.

#### Exercise

Exercise is a major mood lifter, a great way to burn energy, and a way to strengthen your bones. Exercise can also help you manage high blood pressure, heart disease or diabetes.

Avoid a sedentary lifestyle by increasing your activity level (see sidebar for suggestions).

#### Medications and Herbal Remedies

There are many over the counter diet products. Most do not work and some can be dangerous. Before taking one of these products, talk to your health care provider.

#### Surgery

Weight loss surgery may be an option if you are very obese and have not been able to lose weight through diet and exercise. However, these surgeries are not a "quick fix" for obesity. You must still be committed to diet and exercise after the surgery. Talk to your doctor to learn if this is a good option for you.

#### Health Complications

Obesity is a significant health threat. The extra weight puts added stress on all parts of your body. Medical problems commonly resulting from untreated obesity and morbid obesity include:

- Type 2 diabetes and metabolic syndrome.
- High blood pressure, heart disease and stroke.
- Obstructive sleep apnea and other sleep disorders.
- Certain cancers, including breast and colon.
- Depression.

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### Raise Your Activity Level

Y Perform aerobic exercise for at least 30 minutes a day, three times a week.

Y Increase your physical activity by walking, rather than driving.

Y Take a short walk after lunch, or park further away.

Y Climb stairs instead of using an elevator or escalator.

*Always talk to your health care provider before starting an exercise program!*

Call our office to schedule a Weight Management appointment today!

703-481-1505

## Weight Management

Weight management means keeping your body weight at a healthy level. Regular exercise and a healthy diet are crucial when it comes to controlling your weight. A weight management plan depends on whether you are overweight or underweight.

Body mass index (BMI) is an indirect measurement of your body composition. It takes into consideration both your weight and height. BMI helps determine your risk for certain diseases, including diabetes and hypertension.

## A Balanced Diet

Do not eat meat more than once a day. Eat fish and poultry more often than red or processed meats because they are less fattening. Avoid frying food. Fried foods absorb the fats from the cooking oils, increasing your dietary fat intake. Instead, bake or broil food. If you do fry, use polyunsaturated oils, such as corn oil.

Cut down on your salt intake. Limit table salt, or flavor intensifiers that contain salt, such as monosodium glutamate (MSG). Include adequate fiber in your diet. Fiber is found in green leafy vegetables, fruit, beans, bran flakes, nuts, root vegetables and whole grain foods.

Do not eat more than 4 eggs per week. Although they are a good source of protein, eggs are high in cholesterol. Choose fresh fruit for dessert, rather than cookies, cake or pudding.

## Weight Loss

Our weight is determined by the amount of energy that we take in as food and the amount of energy we expend in the activities of our day. Energy is measured in calories. If your weight remains constant, you are probably taking in the same amount of calories you burn each day.

Our weight also plays a role in determining how many calories we burn at rest. The greater your body weight, the more calories are required to maintain your body in its present state.

## How do you “lose” weight?

The most effective method for weight loss is reducing the number of calories you consume while increasing the number of calories you burn through physical activity.

## Why is weight loss important?

Maintenance of a healthy body weight is important for maintaining both physical and emotional well-being and preventing disease. Excess weight and obesity have been associated with an increase risk for many medical conditions including:

- ◆ Heart disease
- ◆ High blood pressure
- ◆ Stroke
- ◆ Diabetes
- ◆ Osteoarthritis
- ◆ Some types of cancers
- ◆ Sleep apnea
- ◆ Elevated blood cholesterol levels

Reduction in weight for those who are overweight can make a major impact on the conditions listed above. Many overweight people also report improved mood, increased self-esteem and motivation, and feeling healthier in general after they have lost weight.



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## 7 Tips for Successful Weight Loss

1. The desire to lose weight must come from the individual.
2. Don't blame yourself if you aren't perfect.
3. Avoid surroundings where you know you're tempted to make poor food choices.
4. Surround yourself with people who support your efforts.
5. Set small goals and focus on these rather than the “big picture.”
6. Stock your pantry and refrigerator with healthy foods.
7. Decide on some nonfood rewards for yourself when you reach interim goals.