

Get active – Exercise is an important factor in both your weight and your health in general. It doesn't take much time to become more active. An hour of activity each day will help reduce excess weight. Considering that most people are awake between 15 to 19 hours a day, an hour doesn't seem like very much. Even better, your hour of activity doesn't have to be all at once. Try adding up your activities in 10 minute segments. Start slowly with light activities and build up to more moderate ones. Then keep going, because the more physical activity in your life the better. Walking is one of the best and most enjoyable forms of exercise that you can do. Housekeeping, yard work and many other active tasks can also help you manage your weight.



Set realistic goals – Focus on your behaviors not the numbers on the scale. Everyone will lose weight at a different pace. Concentrate your goals on developing new healthy habits that revolve around nutrition and exercise. Once you manage your new habits, you are well on the way to achieving a leaner and healthier body.

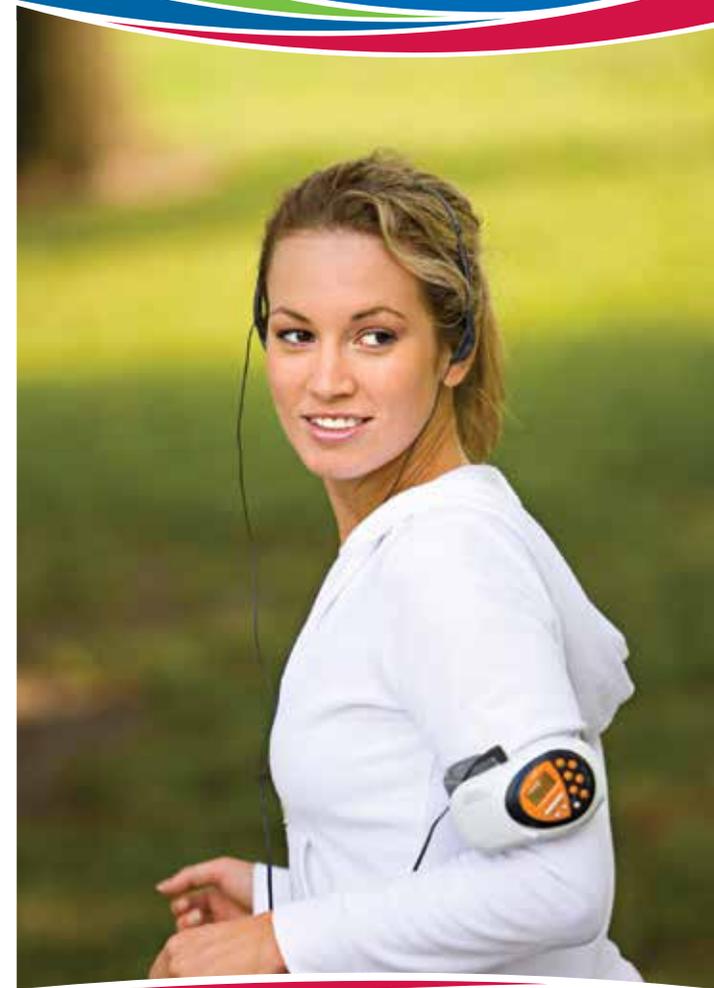


What about my child's weight?

Children, like adults, are becoming less and less active. More time is spent in front of the TV and playing video or computer games than ever before. Studies show that an overweight child usually becomes an overweight adult. The best time to change your child's habits is while he or she is young. A healthy active lifestyle is just as important for children as it is for adults.

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Managing Your Weight



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What is weight management?

Weight management is maintaining a healthy weight. It does not mean losing weight to look like a fashion model. Instead, it is keeping your body weight within a range that will not jeopardize your present or future health.

How is healthy weight measured?

There are two measures for determining healthy weight. These standards are set by The World Health Organization and are adhered to by Health Canada.

BMI - Body Mass Index – BMI is determined using the formula $BMI = \text{weight (kg)}/\text{height (m)}^2$ or $\text{weight (lbs)}/\text{height (in)}^2 \times 704.5$. This measure is not a direct measure of body fat, but it has been widely researched and is used to determine health risks associated with being under or overweight in people between the ages of 20 to 64. A BMI of less than 20 may mean that a person is underweight. A BMI between 25 to 29.9 indicates that a person is overweight, and a BMI of 30 or above means that the person is obese.

WC (Waist Circumference) – This is a body measurement that reflects abdominal obesity. A woman with a waist circumference of more than 88 cm (35 in) or a man with a measurement of over 102 cm (40 in) has too much fat around their abdominal organs. If your waist (approximately at the level of your navel) is too large, your body changes the way it uses fat.

Why worry about weight?

According to Statistics Canada, using the BMI measure, over 50% of Canadians between the ages of 20 and 64 are overweight. Over 30% of Canadians between 20 and 64 have a BMI of over 27 placing them close to or in the obese range. Obesity is rising in Canada and around the world in epidemic proportions. The health concerns related to obesity are cause for concern. The

higher your BMI measurement, the greater your risk of developing many diseases associated with excess weight and or dying of weight related conditions. Excess weight is the number one cause of Type 2 diabetes and a high risk factor for developing heart disease, high blood pressure, gall bladder problems and some forms of cancer.

How do we get overweight?

Think back to the age of our grandparents or great grandparents. What did they do and eat? For one thing, there were fewer machines to do the work for us. Laundry was done by hand and walking was a major form of transportation. There was less food, but it was healthier, and there was little or no leisure time. Move ahead to the mid 1960's when just about everyone owned a car, a washing machine and a TV. Processed high-fat convenience foods were introduced to our diets and we welcomed them with open mouths. Today, much of our time is spent sitting in front of a screen - either TV or computer. Many people eat at fast food restaurants that offer extra large portions of high-fat foods more than they eat at home. Processed snack foods are also a staple of many diets. It is not hard to observe that our lifestyles have changed considerably and so has our weight.

How do I manage my weight?

First you should determine whether or not your weight is unhealthy. Talk to your doctor about your BMI and WC measurements and any personal health concerns that you may have. Discuss the necessary lifestyle changes that will allow you to effectively control your weight. In most cases, the following modifications to your everyday habits can help you achieve a healthy weight.



Eat healthy – Don't starve yourself to lose weight. You still need to eat three meals a day. You just need to be more aware of what you are eating. Depending on your height and weight, your necessary calorie intake will change. Eat slower and don't overeat. Avoid junk food and fast food along with foods high in fat and sugar and replace these with healthy foods. Increase your intake of fruit, vegetables and high fibre whole grain foods. Choose leaner meats, chicken and fish as well as low fat dairy products. Reduce your alcohol consumption and drink plenty of water. Following the Canada Food guide is an excellent way to modify your eating habits.

Change your shopping and cooking habits – Don't shop when you are hungry. This will help reduce your impulse buying of snack foods. Develop healthy cooking habits such as draining off excess fat from meats, basting with wine or marinade instead of meat drippings, cutting off all fats from meat, removing skins from chicken and turkey, broiling instead of frying food and serving smaller portions of fatty dishes and larger portions of non-fatty dishes.

Body Mass Index (BMI)

Height (in)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Weight (lbs) for BMI 25	119	124	128	132	136	141	145	150	155	159	164	169	174	179	184	189	194	200	205
Weight (lbs) for BMI 30	143	148	153	158	164	169	174	180	186	191	197	203	207	214	221	227	233	240	246