

10 Tips to a Healthy Weight



1. **Know your numbers.** You can find your healthy weight by knowing your Body Mass Index (BMI). You can calculate this number yourself or use a tool called the “BMI Wheel”.
 - a. Here is how to calculate this number yourself:
 - i. You need to know your weight in pounds and your height in inches.
 - ii. Take your weight in pounds, divided by your height in inches, divided by your height in inches again, and multiply this by 703. You are at a healthy weight range if your number is between 18.5 and 25.9. If your number is higher than 26, you have some work to do!!
 - b. You can also ask a health professional to find this number for you.
2. **Exercise.** It is recommended to get 60 minutes of moderate-intensity exercise a day for weight loss. You are exercising at a moderate-intensity, if your heartbeat is elevated but you can still talk to those around you. A pedometer is a great way to track your activity level. It is recommended to get 10,000+ steps a day. Get a pedometer and track your steps, then gradually work up to 10,000+ steps per day.
3. **Increase your fruit and vegetable intake.** Using fruits and vegetables to replace high-calorie foods in the diet like pop, chips, candy, cookies, etc. can lower your total calories per day, which will result in weight loss. Fruits and vegetables are perfect snack foods.
4. **Increase your fiber.** Fiber is found in fruits, vegetables, legumes, and whole grains. The recommended daily allowance for fiber is 25-30 grams of fiber. Fiber is listed on the food label under carbohydrates. Start counting your fiber grams per day and see where you are. If you are below the suggested amount, add fiber gradually to the diet and drink more water as you add it.
5. **Increase your water intake.** People often get the feelings of hunger and thirst mixed up. When you think you are hungry, drink 16 ounces of water, then wait 20 minutes to see if you are truly hungry. It is important to get a minimum of 64 ounces of fluids per day. Water is calorie-free so it makes the best beverage choice for weight loss!
6. **Watch out for high-calorie beverages.** Pop, fruit juice, kool-aid, lemonade, alcohol and ice tea are all high-calorie beverages. These should be used sparingly when trying to lose weight. No more than 16 ounces per week is ideal.
7. **Stay away from fast food.** Most fast food is high in fat and calories. Eating fast food, even if it's once or twice a week can really sabotage a person's weight loss plan. Pack your lunch before you head off to work or school.
8. **Follow “your” food guide pyramid.** Log onto www.mypyramid.gov to get the latest information on healthy eating. You can get a personalized meal plan online as well.
9. **Keep food records.** It is a proven theory that keeping a food journal or food record is a sure way to decrease what you are eating by 20% each day. Start keeping track of what you eat and drink each day. If you feel really motivated you can keep track of calories this way as well.
10. **Find a buddy.** People who have support around them tend to achieve goals faster. Find someone to hold you accountable!

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