

Believe in the Power of Healthy Living



The University of Rochester Medical Center's commitment to help Rochester become America's healthiest community by 2020

Aim Healthy!

Wouldn't it be wonderful if we didn't need to think about our body weight? If we just naturally ate the best foods in the right amounts and balanced that food with generous servings of enjoyable physical activities? But for most of us, gaining weight is all too easy. And it's become a major health concern—watch the daily news or ask any doctor!

Unfortunately, there is no "magic pill". And you can set yourself up for failure by diving into a program that you're not ready for. The good news is that while every person is different, there are some "basic truths" about controlling body weight in a way that lets you get more out of life. And there are steps you can take right now to help you reach and stay at a healthy weight.

Where Do You Stand?

Almost everyone thinks that they could lose a few pounds. But some of us have let weight creep up far beyond a healthy level. Here's how to tell if extra weight puts you at risk for health problems:

Check your BMI —

	Healthy		Overweight		Obese
BMI	19	24	25	29	30+
Height	Weight in Pounds				
4'10"	91	115	119	138	143
4'11"	94	119	124	143	148
5'0"	97	123	128	148	153
5'1"	100	127	132	153	158
5'2"	104	131	138	158	164
5'3"	107	135	141	163	169
5'4"	110	140	145	169	174
5'5"	114	144	150	174	180
5'6"	118	148	155	179	186
5'7"	121	153	159	185	191
5'8"	125	158	164	190	197
5'9"	128	162	169	196	203
5'10"	132	167	174	202	209
5'11"	136	172	179	208	215
6'0"	140	177	184	213	221
6'1"	144	182	189	219	227
6'2"	148	186	194	225	233
6'3"	152	192	200	232	240
6'4"	156	197	205	238	246

OR Check Your Waist Measure —

Use a measuring tape to measure your waist. A waist circumference of over 40" for a man or 35" for a woman puts you at risk.

What are you eating?

Food is everywhere and we're often encouraged to "eat more." You might not realize how easy it is to gulp down those "liquid calories" or maybe you're thinking about those extra nibbles while cooking dinner. Like many other health issues, in order to make a real change you have to first recognize the problem. One good way to evaluate how well you're eating—or not—is to keep a food diary. Simply writing down how much of each food you eat helps "curb the urge" to eat when you're not really hungry. Go to www.stronghealth.com for links to on-line food and fitness diaries.

How physically active are you?

The stresses of every day life are compounded by inactivity. Just as you can become more aware of your food habits, you can also monitor your activity level. Keep a fitness diary or use a pedometer (an instrument that gauges the approximate distance traveled on foot by registering the number of steps taken.)

A simple pedometer costs less than a haircut yet gives you a reliable way to measure daily activity. Most people first start out at about 3,000 steps a day. Pretty soon you'll figure out simple ways to add steps. Those who are most successful at keeping weight off walk close to 10,000 steps a day.

Adding 30 to 60 minutes of physical activity (or 3,000 - 6,000 steps) most days will create tremendous benefits—both for your emotional health as well as your physical health. And you may find you're satisfied with less food!

Anything's possible.

STRONG HEALTH

Ready or Not?

Answer these quick questions to assess how ready you are to achieve a healthier weight.

How interested are you in changing your weight?

Not interested 1 2 3 4 5 ready to change

How interested are you in changing your eating habits?

Not interested 1 2 3 4 5 ready to change

How interested are you in changing your physical activity habits?

Not interested 1 2 3 4 5 ready to change

How confident are you in your ability to make eating and physical activity changes?

Not confident 1 2 3 4 5 very confident

If you scored 4 or 5 for all the questions above, you are well on your way to making lifestyle changes that will help you lose weight and keep it off. You are ready to take the next step so read on.

If you scored below 4 for any of the above questions you may think about if you are really ready to make the changes necessary to lose weight and think about what it would take to motivate you.

Example of a 1 rating:

I am neither interested in making any changes nor planning on doing so in the next six months.

Example of a 3 rating:

I want to begin changing now, but am not sure that I will be successful.

Example of a 5 rating:

I have already started making changes in my lifestyle and want to continue to do so.

How can you maximize success?

The national weight control registry is the largest study of people in the US that have been able to lose weight and keep it off. In order to be a part of the registry, people must have lost more than 30 pounds and kept it off for more than one year. Their experiences and insights are invaluable. Some of the changes registrants recommend to not only lose weight but also keep it off are the following:

- Exercise daily
- Eat a diet low in fat
- Avoid fast food
- Eat breakfast every day
- Record what you eat and how much you exercise
- Find a strong support system

Weight loss is one of the greatest health challenges we face as a society. Working together—individuals, health professionals and the community—we can address the issues and aim toward a healthy weight for each of us, one person at a time.