

# Show Me Health

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## **Maintaining a healthy weight – good health now and for the rest of your life**

If you've notice your weight increasing as you get older, you're not alone. It's not uncommon to gain a few pounds as you age. So if the number on the scale starts to rise, cut back on the calories you consume every day by making healthier food choices, and increase the amount of physical activity you are getting. It's true that one of the most important things you can do for your health and well-being is maintain a healthy weight.

Health experts say it's best to avoid pills or supplements that promise to dissolve away extra pounds. Those methods usually don't work well for most people. Making small, gradual lifestyle changes is the most effective and healthiest way to lose those extra pounds and maintain a healthy weight.

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you are trying to gain, maintain, or lose weight. You can cut calories without eating less nutritious food. The key is to eat foods that will fill you up without eating a large amount of calories. Choose the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

Becoming a healthier you isn't just about eating healthy – it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by increasing the calories you expend each day.

- Be physically active, at a moderate intensity for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.

If you're uncertain about how much you should weigh, you can find out by figuring your Body Mass Index (BMI), which is calculated based on your height and weight. Your health care provider can figure your BMI for you or you can do it yourself by using the BMI calculator from the national Centers for Disease Control and Prevention at:  
[www.cdc.gov/nccdphp/dnpa/bmi/index.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm).

Losing a few pounds, if necessary, and keeping your weight at a healthy level will pay off in good health now and for the rest of your life.

Livingston County Health Center offers “It’s a New Day!” two times each year. The 10-week wellness program focuses on the two most important aspects of a healthy lifestyle: nutrition and activity.

“It’s A New Day!” is designed to provide participants with sustainable weight management by establishing healthy behaviors in the areas of nutrition and physical activity. The program is not a “diet” but rather a comprehensive program that emphasizes a healthy lifestyle approach to weight management by integrating fitness, nutrition and the behavioral aspects of eating. Participants will experience an enhancement of their quality of life.

Each participant completes a Health Survey, Wellness Screening and attends an individual consultation, after which weekly weigh-ins begin. Participants are encouraged to attend educational/support sessions every other week. There is a minimal \$13 charge for each participant. Those who attended the health center’s Adult Wellness Clinic in January can have the fee waived by bringing a copy of their blood test results by the office.

Registration for the program is going on now, with the first session of this year beginning Wednesday, February 25<sup>th</sup>. Call 646-5506 now if you are serious about giving this program an honest try and visit with the program coordinator, Anita Perry, RN. Don’t wait too long to make the call, registration is limited!

More information about maintaining a healthy weight can be found at:  
[www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/healthy\\_weight/index.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/index.htm).

Livingston County Health Center is an equal opportunity provider.