

Weight Loss Solutions-You can be healthier!

Weight Loss Goals

Regardless of the type or combination of obesity treatment, goal setting is an important part of any obesity treatment plan. It is important to realize that setting and achieving a realistic goal of reducing weight by as little as 3% to 5% of body weight will yield important, positive gains in health.

Treatment for obesity

Specific treatment for obesity will be determined by your health care provider based on:

- Your age, overall health, and medical history
- Extent of overweight or obesity
- Your tolerance for specific medications, procedures, or therapies
- Your ability to exercise
- Expectations for the course of the condition
- Your opinion or preference

Diet

Successful weight loss that is maintained over a long period of time depends more on limiting energy consumed (calories) and increasing energy expenditure (exercise and daily activity) than just the composition of the diet.

There are dietary recommendations that, if followed, will lead to weight loss:

- A balanced diet that is restricted in calories--1,200 to 1,400 calories a day for women and 1,500 to 1,800 calories a day for men--may work well. A registered dietitian can help to make an individualized diet plan based on a person's particular situation.
- Include a variety of foods in the diet.
- All fats are not bad. It is now known that polyunsaturated and monounsaturated fats provide health benefits.
- Choose whole grains, such as brown rice and whole wheat bread, rather than white rice and white bread.

- Choose at least 5 servings daily of fruits and vegetables.
- Read food labels carefully.

Exercise

A formal regular exercise program benefits people who are obese by helping to keep and add lean body mass, or muscle tissue, while losing fat.

Exercise lowers blood pressure and can help prevent type 2 diabetes. Exercise also helps to improve emotional well-being, reduce appetite, improve sleeping ability, improve flexibility, and lower LDL cholesterol -the bad cholesterol.

Check with your health care provider before starting any exercise program.

Environmental factors

There are simple steps that can be taken to increase daily activity:

- Take the stairs instead of the elevator or escalator.
- Park the car at the far end of the parking lot and walk to the store or the office.
- Get off the bus one stop early if you are in an area safe for walking.
- Turn off the television or video game and head for the garden, rake the leaves, wash the car, or take a walk.
- Walk on a treadmill when you watch TV.
- Find activities that the whole family will enjoy, such as tennis, in-line skating, biking, or hiking.

Support groups

Join a support group of people for encouragement and reinforcement of efforts to help with success in changing lifestyle behaviors.

Medical treatment

Medication may be necessary for those having obesity-related health problems and, while medicines may help, they are not the "magic" bullet.

Surgical treatment

Weight-loss surgery (bariatric surgery) is the only option today that effectively treats morbid obesity in people for whom more conservative measures, such as diet, exercise, and medication have failed.

Potential candidates include:

- People with a Body Mass Index (BMI) greater than 40
- Men who are 100 pounds over their ideal body weight or women who are 80 pounds over their ideal body weight
- People with a BMI between 35 and 40 who have another serious weight-related condition, such as obesity-related type 2 diabetes, sleep apnea, or heart disease

Always talk with your doctor to find out more information.

Information Provided By :

<http://krames.forthealthcare.com/library/encyclopedia/85,p07857?printerfriendly=true>

