

Maintain a Healthy Weight

Week 4

Excess Weight = High Blood Pressure

If you are significantly overweight, you have a greater risk of developing many diseases including:

- Coronary heart disease
- *High blood pressure*
- High cholesterol
- Diabetes
- And some forms of cancer

Define Obesity

20% or more above one's ideal weight. A person with an ideal weight of 120 pounds would be obese at 144 pounds or more.

Define Overweight

Overweight, is considered 10-19% above one's ideal weight. A person with an ideal weight of 120 pounds would be overweight at 132-143 pounds.

Maintaining weight	<p>Energy In = Energy Out</p> 	Your weight will stay the same when the calories you eat and drink equal the calories you burn.
Losing weight	<p>Energy In < Energy Out</p> 	You will lose weight when the calories you eat and drink are less than the calories you burn.
Gaining weight	<p>Energy In > Energy Out</p> 	You will gain weight when the calories you eat and drink are greater than the calories you burn.

Stay balanced and imagine your body weight as a set of scales with calories on one end and the energy you burn on the other.

To maintain a healthy weight you must keep the scales balanced—energy (calories in) on one side vs. activity (calories out) on the other.

Energy out
=
Activity! Activity! Activity!

- Learn what to eat from each food group.
- Focus on how much you eat. Watch your portion sizes!
- Choose “nutrient-dense” foods.
- Get moving! Physical activity can help you reach and keep a healthier weight.
- Follow your progress by tracking your food intake and physical activity.