

Weigh to Live

Advice & Information on
achieving & maintaining
a Healthy Weight

take **totalcontrol** of your health



A Healthy Weigh to Live!

Being overweight is about more than what we see in the mirror.

Carrying excess body fat means our hearts have to work harder to pump blood around the body. This can cause wear and tear on our systems, as well as leading to other health issues such as diabetes, heart disease, reduced fertility, stroke, even cancer.

The good news is that losing even a small amount of weight will benefit your body. And making small, simple changes to your diet right now can make a big impact on your health and wellbeing, reducing your risk of developing health problems in the future.

Improving your eating habits and increasing your exercise will help you:

- Look better • Sleep better
- Feel better • Move better

Your local totalhealth Pharmacy team is on hand to advise you on the best way to reach your goal!

Read on for information
& advice on maintaining
a healthy weight...

take **totalcontrol** of your health

Do I need to Lose Weight?

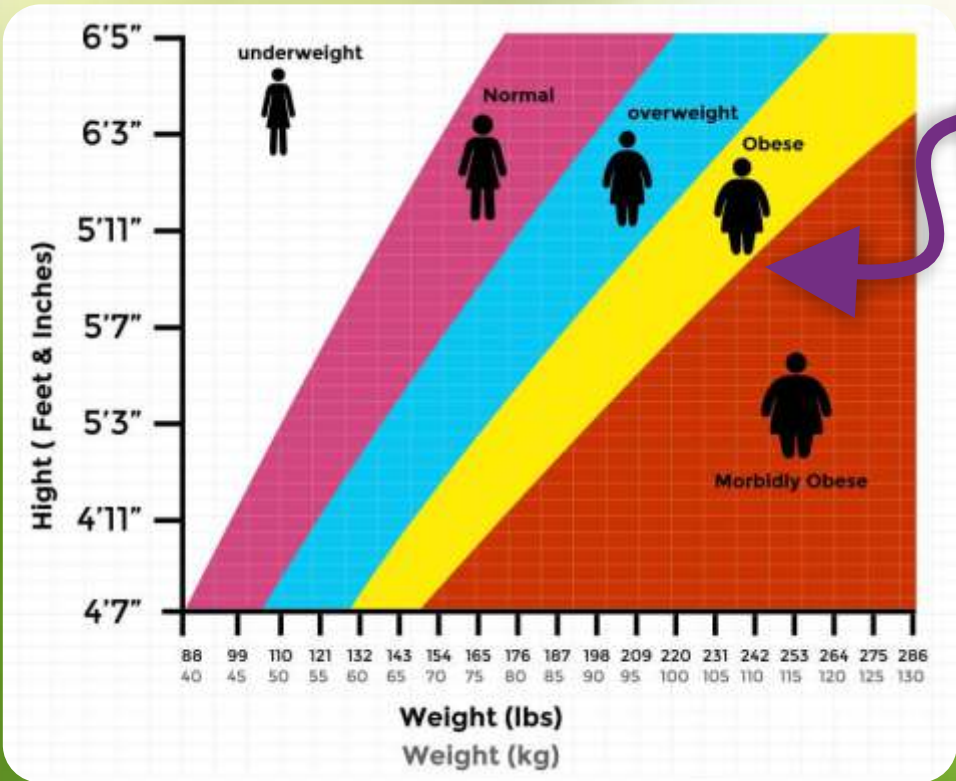
- Is your weight creeping up each year?
- Do you have less energy than you used to?
- Do you get breathless easily?

Your answer is probably 'yes', given more than half of Irish adults are overweight or obese.

How to tell if you are overweight

Check your BMI

BMI (Body Mass Index) is a commonly used method of determining whether your weight is healthy for your height.



Draw a line across from your height & up from your weight. Where these 2 lines cross is your BMI Score

Check your Waist

Where fat is in your body is just as important as *how much*. Measuring your waist is important to determine how much fat is being carried around your organs.

Ask your local totalhealth Pharmacy team for advice on setting healthy targets for BMI and Waist Circumference

waist measurement guidelines		
	women	men
Healthy	Under 80 cm Under 32 in	Under 94 cm Under 37 in
Moderate	80-88 cm 32-35 in	94-102 cm 37-40 in
High Risk	Over 88 cm Over 35 in	Over 102 cm Over 40 in

What is the best way to lose weight?

Fad diets rarely give long-lasting results. The real secret to weight-loss is that there is no secret. You simply need to take in less calories than you use. In other words...

Eat Less, Move More!

Calories represent energy, so our bodies take energy from the food we eat and use it to fuel our activities – talking, walking, sleeping... everything!

If we eat more calories than we need, we're consuming more energy than we need. That excess energy is stored as fat.

So, to lose weight, we need to reduce the amount of calories we consume and increase the amount of energy we use.

A Balanced Diet

It's very important not to focus just on weight-loss and eating less. What we need to do is be more creative with the foods we eat so they make us feel healthier, feel fuller for longer, feel more energetic. A balanced diet following the Healthy Food Pyramid will help you maintain good energy levels all day long, as well as a healthy weight.



take **totalcontrol** of your health

Our Best Advice for Managing your Weight

1. Monitor your food intake for a week – your local totalhealth pharmacist can provide advice on making healthier choices and they can make recommendations for improvements.
2. Reduce your calorie intake – remember, eat less, move more! For weight loss, a daily calorie intake of 1200 is recommended for women, 1800 for men. Don't forget the calories in what you drink! 200 calories in a glass of beer!
3. Aim to lose weight gradually: not too fast, aim for an average of 0.5 – 1kg or 1 – 2lbs per week. Making small changes, gradually, will lead to a healthy & steady weight-loss and new habits that will become part of everyday life.
4. Do Not Skip Meals! Start the day with a healthy breakfast. Eat three meals and two healthy snacks each day to ensure you have sustained energy levels all day.
5. Be aware of portion sizes and cooking methods – you can be eating the healthiest food in the world but you will still put on weight if you eat too much of it! Stick to the Healthy Food Pyramid on the following pages.
6. Drink plenty of water, not just to keep hydrated but to help reduce cravings between meals.
7. Limit foods that contain added sugars, such as biscuits, cakes, ice-cream. These foods have too many calories with too few nutrients. Be wary of 'low-fat' or 'diet' products. When fat is taken out, sugar is often added. You are sometimes better off having smaller amounts of full-fat versions.
8. Swap White with Brown – a super easy way to reduce your calorie in-take and improve your health is to swap culprit white foods with brown ones – so use wholemeal pasta, brown rice, and brown bread.
9. Plan your Meals & your Shopping – this is the best way to ensure you have control over your calorie intake. Plan your meals in advance and stick to your shopping list!
10. Regular Exercise is essential for weight-loss and weight maintenance. You will find your energy levels and sense of wellness will also improve.

Be Positive! Focus on how your overall health & feeling of wellness will improve!

Healthy Food Pyramid

* Portion sizes recommended for adults, teenagers and children aged 5 and over

totalhealth

Following this guide will ensure you and your family maintain healthy weights and get all the nourishment you need.

Foods and Drinks that are High in Fat, Sugar and Salt

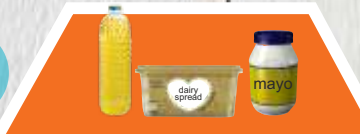


NOT every day

Maximum once or twice a week

The foods below are needed for good health. Enjoy a variety every day.

Fats, spreads and oils



0-1

In very small amounts each day

Meat, poultry, fish, eggs, beans and nuts



2

Servings per day

Milk, yoghurt and cheese



3

Servings per day 5 servings for ages 9-18

Wholemeal cereals and breads, pasta, rice and potatoes



3-5

Servings per day Up to 7* servings for men 19-50

Vegetables and Fruit



5-7

Servings per day

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.



Drink at least 8 glasses of water a day



Get Active! Adults need at least 30 minutes of exercise at least 5 days a week. Children need to be active at least 60 minutes a day.

take **totalcontrol** of your health



We are Here to Help!

The team in your local totalhealth Pharmacy is ready to support and advise you about the best way to improve your diet and reach a healthy weight.

Talk to us today!