

# Weight Management: Approaches for a Healthy Lifestyle



*Lilly*

# Introduction

Welcome! This brochure provides information about obesity, weight management, and health.

Obesity is a chronic disease. Managing your weight can be a continuous journey and may require lifestyle changes to optimize health benefits and outcomes, whether or not you're taking an obesity management medication (OMM). Remember that you aren't alone! Look to your family, friends, doctor, or other healthcare professional for support and encouragement along the way.

## Understanding Obesity

**Obesity** is a chronic disease in which having too much body fat can lead to problems with your health.<sup>1</sup> It can be caused by various factors, including genes, hormones, environment, eating habits, and physical activity.<sup>2-5</sup>



## Did you know?

After you lose weight, your body goes through changes in hormones and metabolism, which can affect your hunger before and after eating and how much energy you burn during the day. These changes may make you feel hungrier and make you eat more, making it harder to keep the weight off over time<sup>2,3</sup>

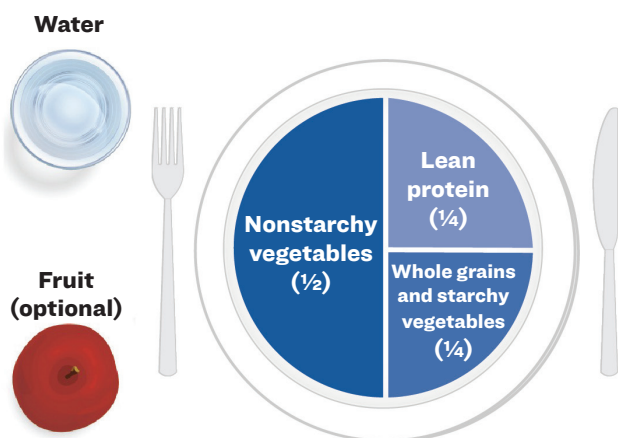
A healthy lifestyle is always a good idea because it is typically recommended as part of obesity management. However, most people cannot achieve and maintain clinically meaningful weight loss with a healthy lifestyle alone,<sup>6</sup> and studies show that OMM treatment combined with lifestyle changes produces more weight loss than lifestyle changes alone

A variety of factors, such as environment, genetics, metabolism, stress, and sleep quality, can affect your weight.<sup>2-5</sup> Some factors, like sleep, healthy eating, and physical activity, are in your control because you can change your behavior. Others, like genetics, are outside your control and cannot be changed

# Managing Weight: General Guidelines for Nutrition

If you are taking OMMs, you may experience reduced appetite, but it is still important to eat balanced meals and healthy, nutritious foods. A healthy dietary pattern emphasizes lean protein foods, vegetables and fruits, and whole-grain foods.<sup>7</sup>

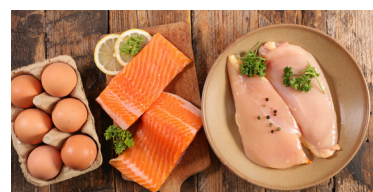
**As a general guide for balanced meals, use a standard plate divided into 3 parts<sup>8</sup>:**



**Examples of healthy nonstarchy vegetables<sup>9</sup>:** leafy green vegetables (eg, bok choy, broccoli, collards, kale, lettuce, spinach), carrots, peppers, tomatoes, asparagus, peas, squash, cauliflower



**Examples of healthy lean proteins<sup>9</sup>:** chicken, fish, beans, peas, lentils, nuts, tofu, low-fat milk or yogurt or nondairy alternatives (eg, soy milk)



**Examples of healthy whole grains and starchy vegetables<sup>9</sup>:** barley, brown rice, oats, quinoa, rye and whole-wheat bread, whole-grain cereals, sweet potato, squash, peas



**It's easier to eat healthfully when you can find healthy foods you enjoy. Try new foods in each group to find ones you like and make them a regular part of your life.<sup>10</sup>**



## **Be mindful of what you drink**

Consume water, low-calorie beverages, or nutrient-dense beverages like low-fat dairy or low-fat dairy alternatives. Aim for at least 2-3 liters of water per day.<sup>7</sup>

Limit sugar-sweetened beverages, alcohol, carbonated beverages, and caffeine.<sup>7</sup>



## **Find eating strategies that meet your personal nutrition needs and preferences**

What are some of your favorite foods? What less-healthy foods can you realistically limit? For example:

- If you have a low appetite, prioritize nutrient-dense foods like greek yogurt with berries or hummus with raw veggies and whole-grain pita.
- If you love pasta, choose whole-grain pasta and add vegetables and protein.



## **Be budget conscious and health conscious**

Canned vegetables are similarly nutritious to fresh ones and may be a more budget-friendly option.<sup>11</sup>

# Managing Weight: Physical Activity

Physical activity is important for weight management and overall health. There are a variety of activities you can do:

## Aerobic physical activity<sup>12</sup>

- Walking
- Cycling
- Swimming
- Any activity that gets your heart beating faster counts!

**Aim for at least 150 minutes/week<sup>12</sup>**

## Resistance training (exercise using weights, bands, or your own body weight)<sup>13</sup>

- Body-weight physical activities (eg, yoga, tai chi, Pilates, squats, marching in place)
- Lifting weights
- Any activity that works your muscles counts!<sup>14</sup>

**Aim for at least 2 times/week<sup>13</sup>**

**Sometimes it can be challenging to add physical activity into your weekly routine. Below are strategies to overcome these challenges.**



### Unable to add physical activity due to things like pain or injuries

Try gentle movements, like chair activities, gentle yoga and stretching, walking, water aerobics, and physical therapy.<sup>15</sup>



### Lack of social support

Invite friends and family members to join you in physical activity, plan social activities that involve physical activity, join a gym or group activity that involves physical movement.<sup>16</sup>



### Limited time

Take the stairs, walk or bike for commutes, stand up when talking on the phone, use fitness apps and online videos for 5-10-minute routines.<sup>16</sup>



### Lack of energy

Schedule physical activity for times of the week when you tend to have more energy; follow the nutritional advice on page 3 of this brochure to ensure you get enough nutrients and fluid to stay active.<sup>7-10</sup>



### Unsure of how to begin

Start small! Any amount of activity is better than none, and the more time you can spend doing physical activity, the better. Begin with easy activities and build up as your strength and endurance improve.<sup>16</sup>

# Managing Weight: Physical Activity (cont.)

Identify activities you enjoy that align with your health goals and lifestyle!

## Every movement counts!

Anything you enjoy that elevates your heart rate or works your muscles can be physical activity<sup>17</sup>:

- Playing with your children or grandchildren
- Playing with your pets
- Gardening
- Dancing
- Golfing
- Do it yourself (DIY) home projects



## DID YOU KNOW?








10 minutes of physical activity 3 times a day can give you the same cardiovascular benefits as 30 minutes all at once<sup>18</sup>

- Think about 3 spots in your day in which you could fit 10 minutes of activity
- Something as simple as vacuuming for 10 minutes could get your heart rate up



Plan your week ahead of time to help spread out your activity!

## See an example of how you can fit the recommended activity into your week:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Golf (60 min) 		Park farther away and take the stairs at work (15 min) 		Park farther away and take the stairs at work (15 min) 		
PM		Yoga class (45 min)		Lift weights (30 min)		Play with kids (30 min)	Housework (30 min)



Some aerobic exercises like circuit training, dancing, or martial arts can also help strengthen your muscles

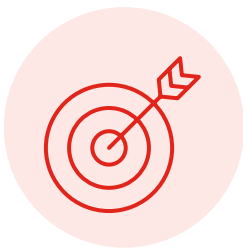
# Managing Weight: Emotional Health

To successfully manage your weight, you may also need to take care of your emotional health.<sup>19</sup>



Stress, burnout, and emotional struggles may lead to emotional eating and make it harder to follow your weight management program.<sup>20,21</sup>

**Making changes to your lifestyle, like eating better, moving more, sleeping well, and sticking with your weight management plan, can sometimes feel tough. Here are a few tips that might help you get through the hard moments<sup>19</sup>:**



**Set realistic goals**



**Practice positive self-talk**



**Address emotional health**



**Track your progress and celebrate small wins**

If you are struggling with stress or your emotional health, do not be afraid to reach out for help. In addition to family and friends, resources include support groups, therapy, and your healthcare team

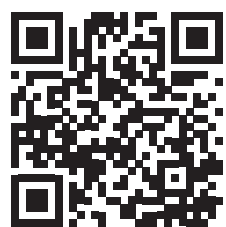
**Follow the links below for additional emotional health and well-being resources:**

**Centers for Disease Control and Prevention**



For resources on how to get started with mental health support

**Substance Abuse and Mental Health Services Administration**



Learn more about mental health and mental health conditions

**American Psychiatric Association**



Bust common myths about mental health and therapy

# Managing Weight: How to Handle Plateaus and Weight Regain

As you progress in your weight management journey, it is normal for your weight loss to slow down and even for you to regain some of the weight you've lost.<sup>2</sup>

As you lose weight, your body may reduce the amount of **energy (calories) it burns.**<sup>2</sup> You may also have **changes in the hormones** that regulate appetite, causing increased hunger and decreased feelings of fullness after a meal.<sup>2</sup>

Additionally, if lifestyle changes are **not sustainable** over the long term, old habits may return.<sup>2</sup>

Once you have lost weight, use maintenance strategies to support your hard-earned weight loss.

## Maintain regular interaction with your doctor

Studies show that patients who follow up regularly with their doctors after losing weight are more successful at keeping the weight off.<sup>2,22</sup>

## Consider whether your habits are sustainable<sup>2</sup>

If you love ice cream, completely cutting it out of your diet probably won't work long term. Instead, build occasional, moderate ice cream consumption into your weekly diet.

## Identify things that make it hard for you to follow a healthy lifestyle

When dealing with challenges like stress, travel, and injuries, it might be harder to eat well and stay active. Identifying your personal triggers will help you to maintain your healthy habits.

## Work with your doctor to identify when you need to reengage with your support team

It's normal for your weight to fluctuate a little over time. Set a weight range for yourself; you will know it's time to reengage with your support team if you go beyond this range, and you will feel less stressed about smaller weight changes within this range.<sup>2</sup>

## Stay positive

Losing weight is something to be proud of. Don't let small setbacks take away your belief in yourself.



# Managing Weight: Setting Goals

Complete this worksheet routinely during your weight management journey to check in with yourself about where you are, how you feel, and where you want to go next!<sup>23</sup>

On a scale of 0-10 (with 10 as the greatest possible importance), **how important** is it to you to manage your weight?

**Why** did you choose this number and not a lower or higher one?

On a scale of 0-10, **how confident** are you that you can manage your weight successfully?

**Why** did you choose this number and not a lower or higher one?

**What** do you want to **achieve**? List in order what is most important to you.

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

**Which goals** fit best into your lifestyle? Choose 2-3 from the list above.

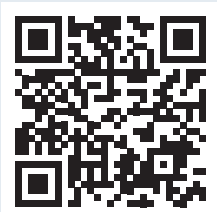
**What** are some **small first steps** you can take toward achieving those goals?

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
-

# Support and Resources

Weight management apps<sup>a</sup> that can aid in weight-loss efforts include:

## MyFitnessPal



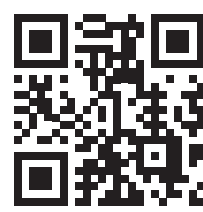
Nutrition and fitness tracker

## Lose It!



Calorie and nutrition tracker

## MyPlate



Food goals app

## Way



Intuitive eating app

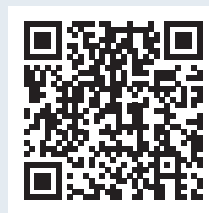
**You are not alone! Talk to your doctor, psychologist, or other healthcare professional or consider other support resources such as the ones shown below:**

## Obesity Action Coalition



For tools and education to support your weight management journey

## Psychology Today weight loss support group portal



To find weight loss support groups near you

## Conclusion

**Remember:** It is better to maintain moderate weight loss over a prolonged period than to quickly lose and then regain a large amount of weight.<sup>2</sup> Believe in yourself and remember why you are doing this!



<sup>a</sup>These apps may have a subscription fee.

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