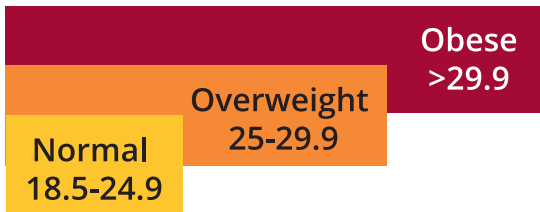


HOW WE MEASURE RISK:

BMI, short for body mass index, is a measure of your weight in relation to your height, and is one way to determine if your weight is within healthy range:



HOW TO CALCULATE BMI

$$\text{BMI} = \frac{(\text{weight in kg})}{(\text{height in m})^2}$$

WHY IS WEIGHT MANAGEMENT IMPORTANT?

Complications from obesity include:

- Diabetes
- Liver Disease
- Stroke
- Heart Disease
- Depression
- Cancer
- Sleep Apnea
- Osteoarthritis

HEALTHY WEIGHT GOALS:

For long term success a safe and reasonable weight loss goal is **1-2 pounds a week**. Research shows a 5-10% loss can greatly improve health.

PROPER DIET & EXERCISE CAN HELP CONTROL YOUR WEIGHT

WEIGHT MANAGEMENT RECOMMENDATIONS:

Setting achievable goals associated with lifestyle change rather than focusing on weight loss typically increases success. The 2 main pillars for healthy weight loss are:

PILLAR 1: HEALTHY DIET

- Focus on fruits, vegetables, whole grains and low fat dairy
- Choose a variety of lean protein from both animal and plant sources like poultry, beans, eggs, nuts
- Limit trans fat, sodium (or salt), and added sugar
- Control portion sizes

PILLAR 2: PHYSICAL EXERCISE

- Any physical activity, even 10 minutes, counts towards your goal
- Each week aim for 150-300 minutes (2.5-5 hours) of moderate aerobic exercise
- Each week aim for 2 days of muscle strengthening activity

Meet with our Registered Dietitians to optimize your health and learn how to meet your weight loss goals.

Contact **1-800-USC-Care** to schedule an appointment.