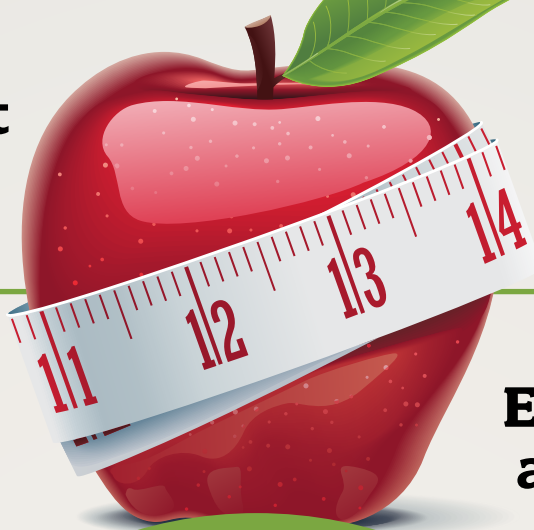




Weight MANAGEMENT & YOUR HEART

Why does excess weight matter?



Excess weight accounts for:



WHAT CAUSES IT?

There are many inter-related factors:



INACTIVITY (reduced energy expenditure)
STRESS and emotionally demanding situations
Routines with few **PHYSICAL REQUIREMENTS**

UP TO **30%** OF PEOPLE HAVE A GENETIC COMPONENT TO THEIR WEIGHT ISSUES



Some prescription **MEDICATIONS**
MEDICAL CONDITIONS like hypothyroidism
MENOPAUSE can contribute to weight gain



Low-quality, **HIGH-FAT** foods
Large **PORTION** sizes
Easy access to **HIGH-CALORIE** foods

People who store fat around

THEIR STOMACHS

are at greater risk than those who store it around

THEIR HIPS

WHAT CAN I DO?

Losing **5 to 10%** of your body weight can significantly improve your heart health.

Aim to lose weight slowly

0.5-2 pounds per week is a good pace.
1 pound = 3500 calories.



3

Eat 3 meals per day

Three healthy meals spaced 4-6 hrs apart is a healthy and effective eating pattern.

Reduce portions

Try smaller portions for meals & snacks.
How much you eat matters.



GET ACTIVE, STAY ACTIVE

AIM FOR **30-60 MINUTES** PER DAY

EXERCISE REDUCES BELLY FAT WHICH REDUCES **CARDIOVASCULAR RISK**

TRY TO BURN **300-500 CALORIES** PER DAY

But most of all... be patient.

Setbacks can happen to anyone trying to make a change in eating and activity, and it takes up to six months for a new pattern to become habit. Don't give up – get your family and friends involved in helping you meet your goal.

Schedule it with a friend.