Why does excess weight matter?

Excess weight accounts for:

- 2.8 million deaths annually
- 20% of heart attack risk
- 4x higher rate of diabetes

What causes it?

There are many inter-related factors:

- Inactivity (reduced energy expenditure)
- Stress and emotionally demanding situations
- Routines with few physical requirements
- 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

What can I do?

Aim to lose weight slowly

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

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.

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.