

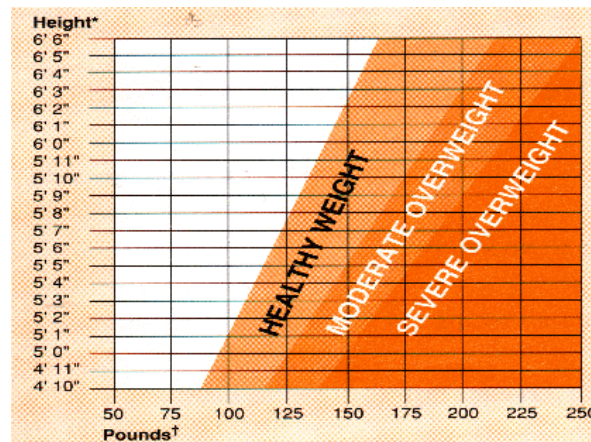
MANAGING YOUR WEIGHT

The most common reasons for being overweight are eating too much and not being active enough. If you eat more calories than your body burns up, the extra calories are stored as fat. Everyone needs some stored fat. However, too much stored fat results in being overweight

Losing weight helps you feel better and makes it easier for you to be more active. It may also improve your blood cholesterol level, help your blood pressure, and help control your blood sugar levels. Even if you don't have health problems from being overweight, a healthy weight can help you lower your risk of heart disease.

Make losing weight a family project or set your own personal goal. Focus on making simple changes on a daily basis. Make changes slowly and stick to them. Try the following tips:

- ♥ Choose lower fat, lower calorie foods. Prepare food by broiling or baking instead of frying.
- ♥ Breading and frying foods like fish, chicken, and vegetables add fat and calories.
- ♥ Eat lean meat, fish, and poultry without skin. Choose poultry breasts and drumsticks more often than the wings and thighs.
- ♥ Eat more fruits, whole grains, and vegetables. If you are a nibbler, choose fruit, and vegetables for snacks.
- ♥ Use the food label to choose lower calorie foods.
- ♥ Drink fewer alcoholic and high-calorie beverages.
- ♥ Limit your portion sizes and do not go back for seconds.
- ♥ Eat more slowly.
- ♥ Be physically active for at least 30 minutes a day, or as much as you can. It really helps you to lose weight if you are more active.



We are pleased to answer your questions or discuss your condition with other health care professionals.

Presbyterian Heart Group
201 Cedar SE, Suite 7600; Albuquerque, NM 87106
505-563-2500 or 800-734-4278