

Tips to Help You Achieve Healthy Weight

If you are overweight, a 5-10% weight loss can lower your risk for many chronic illnesses, including type 2 diabetes.

Weight loss can also help you:

- * Lower blood pressure & blood sugar
- * Raise HDL and lower LDL (“good” cholesterol and “bad” cholesterol)
- * Become more energized

Build healthier habits

- ❖ Set realistic goals
- ❖ Keep a food and activity diary
- ❖ Get more physical activity
- ❖ Eat healthy
- ❖ Eating out less
- ❖ Choose healthier choices
- ❖ Eat slower and smaller portions
- ❖ Consult a doctor or dietitian
- ❖ Shop for heart-healthy foods*
- ❖ Select low sodium foods*

*Check AAMGDoctors.com for more info

Know Your Weight

BMI Calculation

$[\text{Weight (pound)} / \text{height (inch}^2)] \times 703$

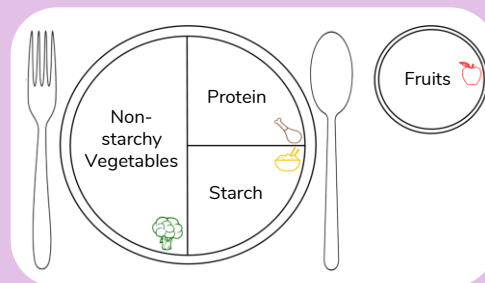
Your BMI result:

	Asian Cut-off	Others Cut-off
Underweight	<18.5	<18.5
Healthy	18.5 – 22.9	18.5 – 24.9
Overweight	23 – 26.9	25 – 29.9
Obese	≥ 27	≥ 30

Intensify your physical activity

- ❖ Brisk walk or walking uphill instead of strolling
- ❖ Moving while watching television
- ❖ Take the stairs instead of the elevators
- ❖ Biking instead of driving
- ❖ Lifting groceries instead of using grocery carts
- ❖ Stretching instead of sitting
- ❖ Do plank or push-ups instead of lying around

Plan a Healthy Meal



Losing 1 lb per week = cutting 500 calories a day

*Personalize your meal plan!
Search “MyPlate Checklist Calculator” at choosemyplate.gov

Visit your physician for treatment and prevention.



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