

# 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.net](http://AAMGDoctors.net) for more info

## Know Your Weight

### BMI Calculation

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

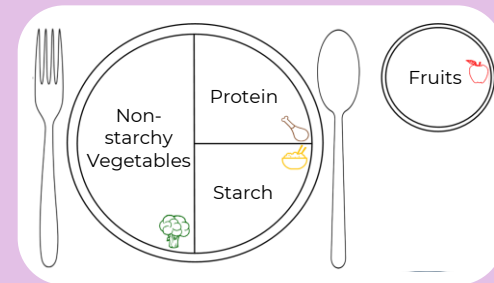
Your BMI result:

	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](http://choosemyplate.gov)

Visit your physician for treatment and prevention.



Visit our website, Facebook page, and YouTube channel to learn more about various health topics!

 [aamgdoctors.net](http://aamgdoctors.net)

 [tinyurl.com/AAMGYouTube](https://tinyurl.com/AAMGYouTube)

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# 如何實現你的健康體重

如果您已超重，減掉體重的5-10%可以降低患許多慢性疾病的風險，包括2型糖尿病。

減肥還可以幫助您：

- \*降低血壓和血糖
- \*提高HDL並降低LDL  
(“好”膽固醇和“壞”膽固醇)
- \*變得更有活力

## 建立健康的生活習慣

- ❖ 設定切合實際的目標
- ❖ 記錄食物和運動
- ❖ 進行更多的體育鍛煉
- ❖ 吃得健康
- ❖ 減少外出就餐的次數
- ❖ 選擇要健康
- ❖ 細嚼慢嚥
- ❖ 諮詢醫生或營養師
- ❖ 購買心臟健康的食品\*
- ❖ 選擇低鈉食品\*

\*訪問AAMGDoctors.net  
了解更多信息

## 了解您的體重狀態

BMI計算公式

【重量(磅)/身高(英寸<sup>2</sup>)】x 703

您的BMI結果

	亞洲人標準	其他標準
過輕	<18.5	<18.5
標準	18.5 – 22.9	18.5 – 24.9
超重	23 – 26.9	25 – 29.9
肥胖	≥ 27	≥ 30

## 增強運動強度

快速步行或爬坡，而不是漫步

看電視時保持運動

走樓梯而不是電梯

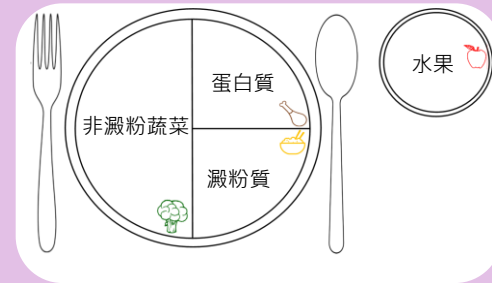
騎車而不是開車

抬起貨物而不是使用雜貨車

伸展身體而不是坐著

做平板支撐或俯臥撐，而不要躺著

## 計劃健康的餐盤




每週減少1磅=每天減少500卡路里

\*個性化您的用餐計劃！  
在choosemyplate.gov上搜索  
“MyPlate清單計算器”

請到訪您的醫生進行治療或獲得預防的資訊！



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