

FORGING THE FUTURE:



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Friday FACTS

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16 May 2003

"Leadership, Partnership, and Championship"

Managing Your Weight—Behaviors That Will Help

Weight is an important health issue. If you are overweight, you are at increased risk for health problems such as diabetes, high blood pressure, high cholesterol, arthritis, gall bladder disease, and some cancers. Maintaining a healthy weight is important for your overall health.

Successful weight management is a long-term challenge, but it is possible. Here are some tips on behaviors that will help you lose weight and maintain it:

* **Set the Right Goals**

Focus on improving your diet and increasing your physical activity rather than weight loss. A healthy diet and exercise are key to long-term weight management. Balance the calories you eat with physical activity. Effective goals are: 1) specific and measurable, 2) attainable, and 3) forgiving (less than perfect). An example is a goal to walk 30 minutes, five days each week. An initial weight-loss goal of 5-10 percent of your starting weight is realistic and valuable for improving your health.

* **Nothing Succeeds Like Success**

Set achievable consecutive short-term goals that move you ahead in small steps. An example is reducing your intake of fat from 40% of calories to 35%, and later to 30%--the recommended amount. Reward yourself as you achieve each short-term goal to keep your effort invigorated.

* **Success (but not with food)**

As you achieve your goals, reward yourself with something tangible that you enjoy. Numerous smaller rewards are more effective than bigger rewards.

* **Balance Your (Food) Checkbook**

Record your calorie intake, servings of fruits and vegetables, exercise sessions, etc. to monitor your progress.

* **Avoid a Chain Reaction**

Pay attention to what social or environment cues encourage you to overeat. If you overeat while watching TV, stop eating while watching TV. Avoid treats at the office coffee pot. Avoid places with visible and easily accessible food that could result in unplanned eating.

* **Get the (Fullness) Message**

Eat slower. It takes your brain 15 minutes or more to get the "full" message. Eat lots of vegetables to feel fuller. Eat sensible portion sizes. Use smaller plates. Set a regular eating schedule, especially if you tend to skip, or delay a meal and then overeat.

Source: "Guide to Behavior Change: Your Weight is as Important to Us as It is to You!" National Heart, Lung and Blood Institute, <http://www.nhlbi.nih.gov>.



Be Sun Smart and Protect Your Skin

When you are out enjoying the fresh air and sunshine this summer,



remember to protect your skin.

Overexposure to the sun, especially getting sunburned, can cause skin cancer. Be sun smart and cover up:

- Put on sunscreen with an SPF of 15 to 30.
- Wear a wide-brimmed hat
- Wear sunglasses that block UVA and UVB rays 100%.
- Slip on a shirt Cover up your children as well. Most Americans get 80 percent of their lifetime sun exposure by age 18.



"Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved."

- William Jennings Bryan