

Getting Started with Weight Loss

BY: KECIA CALDWELL MS, RD, LDN and JORDAN ARNOLD, MPH, RD, LD

Pro Tip: Set a **SMART** Goal!
SMART stands for **S**pecific,
Measurable, **A**ction-Oriented,
Realistic, and **T**imed.



What can you do to lose weight?

- Understand your reasons for wanting change.
- Make lifestyle changes that you can maintain.
- Set goals you can reach. A healthy weight loss is typically 1-2 pounds per week.
- Cut out extra calories. Start with added sugar and fatty foods. Choose whole foods when possible.
- Keep a daily record of what you eat and your physical activity.
- Ask your friends, family, and Rogue Community Health team for the support you need.
- Celebrate your success!

How much weight to lose?

You can begin to see health improvements with weight loss of 5% to 10% of your current body weight.

Weight Loss of just 10% can help you:

- Improve how you feel.
- Improve your blood pressure.
- Put less stress on bones and joints.
- Improve your ability to move and be active.
- Lower risk of (or improve) sleep apnea.
- Lower your risk of heart attack and stroke.
- Reduce your risk of some types of cancer.
- Reduce your risk of diabetes or improve your A1c.

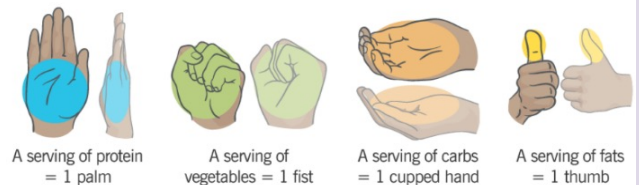
Make water or unsweetened beverages like tea or seltzers your drink of choice!

Nutrition for Weight Loss

There are many styles of eating that can be helpful for weight loss. Make sure that your eating plan includes:

- Fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- The right number of servings from each food group.
- Foods that you will enjoy for the rest of your life.
- Foods you easily have access to and that fit your budget and lifestyle.

YOUR HAND IS YOUR PORTIONING TOOL



Foods to limit:

- Foods with added sugar
- Foods high in added salt
- Food high in fat, especially saturated fats

Physical Activity for Weight Loss: *Strive for Progress, not Perfection!*

Remember, some activity is better than no activity. Make sure to gradually add in physical activity. For certain conditions it is recommended to consult with your doctor before starting an exercise regimen.

What are the recommendations?
Maintenance: Minimum of 150 minutes of moderate or 75 minutes of vigorous aerobic activity per week.
Weight loss: Work up to 300 minutes of moderate or 150 minutes of vigorous aerobic activity per week.
Incorporate strength training or resistance exercises at least twice a week.
Spread your activity out—aim to be active most days.

Moderate Intensity

You can talk and carry on a conversation but not sing.

Vigorous Intensity

You will only be able to say a few words without pausing for a breath.

Examples of Aerobic Activity

Walking, jogging, swimming, riding a bike, dancing, hiking, basketball or jumping rope.

Examples of Strength or Resistance Training

Dumbbells, resistance bands, weight machines, or yoga.

Lifestyle Changes:

1. Plan your meals ahead of time. Aim for 2-3 healthy, low-calorie meals and 1-2 healthy, low-calorie snacks. Aim to space eating times 3-4 hours apart.
2. Balance your plate with a variety of foods. Choose fruits, vegetables, whole grains, and lean protein.
3. Focus on your food – eat undistracted. Turn off the TV and screens. Aim to sit at the table during meals.
4. Get full on fiber! Slowly increase your fiber to 25-35 grams per day.
5. Practice mindful eating. Start eating when you are hungry (3-4) and stop eating when you are full (5-6).



Get Recipes for Real Life on our Nutrition Hub. Scan the code.



Consistency is key when it comes to weight loss and having a support system can make a significant difference in your journey. Your RCH team is here to help you stay on track and achieve your goals.