

# Weight Management

## Why is weight management important?

Being overweight increases your risk of having a heart attack or stroke. Use the table on the next page to see if you are a healthy weight. If you are overweight, small amounts of weight loss (five-10 percent of your weight) will have major health benefits including:

- ♥ Lowering your blood pressure
- ♥ Improving sleep patterns
- ♥ Improving energy levels
- ♥ Improving your blood cholesterol levels
- ♥ Improving your blood glucose (sugar) control
- ♥ Lowering your risk of having a heart attack or stroke.

## How do I lose weight?

Avoid crash or fad diets. Set a realistic goal – aim to reduce your weight by ½kg - 2kgs (1-4½ lbs) per month. It might not sound much, but slow changes make it easier to keep the weight off. Learning healthy eating habits takes time and will benefit your immediate and long-term wellness.

Try to do at least 30 minutes of moderate activity every day of the week.

**Remember, any physical activity is better than none!**

## Gradually change your eating habits to a heart-healthy dietary pattern\*:

- ♥ Eat more coloured vegetables (e.g. carrots, spinach) and fruit in place of other foods
- ♥ Eat less foods rich in fats - especially butter, meat and dairy fats, deep fried foods, pastries and sweet bakery items
- ♥ Eat less foods and drinks rich in added sugars – soft drinks, sweets, desserts and bakery items
- ♥ If you occasionally eat high-fat or high-sugar foods, choose small portions
- ♥ Choose breads, cereals and grains and have enough whole grains to feel full
- ♥ Eat plenty of dried peas (e.g. chickpeas), beans (e.g. red kidney beans) and fish.

\*Ask your GP, nurse or health professional for an information sheet.

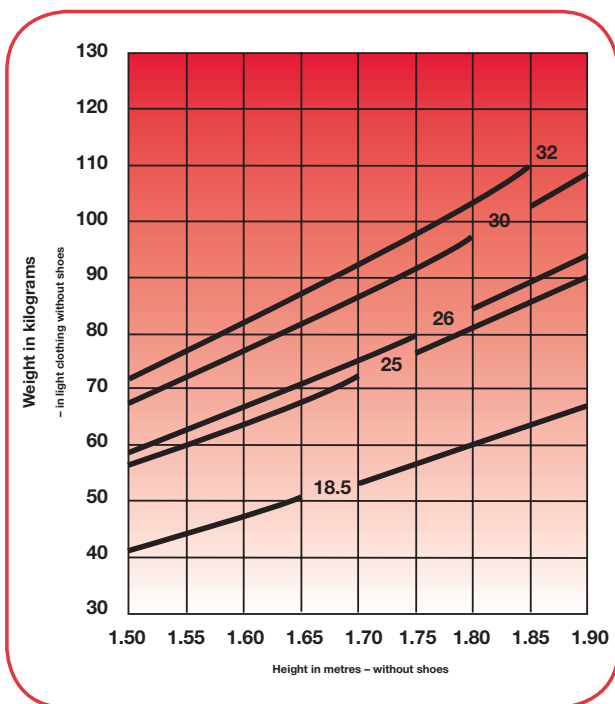
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## Am I a healthy weight?

Find your height on the bottom of the chart. Go straight up from that point until you reach the line that intersects with your weight – that point is your Body Mass Index (BMI). Use that point to identify your body weight status using the table below. If your weight doesn't show up on this table, see your doctor/nurse.

**Table of Body Mass Index (BMI)**



	Underweight	Healthy	Overweight	Obese
NZ European	less than 18.5	<b>18.5 to 25</b>	25 to 30	greater than 30
Māori & Pacific people	less than 18.5	<b>18.5 to 26</b>	26 to 32	greater than 32

Waist circumference should be less than 90cm (36 inches) for women and less than 100cm (39 inches) for men.

If you are having trouble losing weight or you are gaining weight over time, talk to your doctor, nurse or health professional about seeing a dietitian.