

WEIGHT MANAGEMENT

Being overweight increases your risk for high Blood Pressure, Heart disease, Stroke, Diabetes, and some forms of Cancer.

WAYS TO LOSE WEIGHT

A GOOD WEIGHT PLAN INCLUDES A HEALTHY DIET.

- Choose unlimited amounts of vegetables and salads, only use small amounts of dressing and sauce to these foods.
- Choose lean meats, poultry, fish or soy protein; Baked or broiled meat, fish or poultry; salad dressings containing little or no oil.
- Non-fat dairy products.
- Legumes (lentils, peas, and beans).
- Whole wheat bread, oatmeal, whole grain cereals without sugar, brown rice, and low-fat popcorn.
- Raw fruits and canned fruit in their own juices, water, or light syrup.
- Drink plenty of water each day. Take water with you when in the car, at your desk, and when you exercise. Water is also needed to keep your digestive system working smoothly.

WATCH YOUR CALORIES

To lose weight you should reduce the number of calories in your diet. The

average man needs 2500 to 3000 calories a day. The average woman needs 1800 to 2300 calories a day. Weight reduction diet suggests 1500 to 1800 calories a day for men and 1200 to 1500 calories a day for women.

EXERCISE AND ACTIVITY

- Exercise burn calories.
- Exercise increase your metabolism (the speed at which your body burn calories).
- Exercise may increase the amount of muscle in your body. Muscle burns calories faster than fat.
- Regular exercise help your body work better.
- Regular exercise give you more energy and curb your appetite.
- Exercise decrease stress, improve mood and help you sleep better.

TYPES OF EXERCISES

- Take an aerobic class.
- Take a dance class
- Bike riding.
- Take the stairs instead of the elevator.
- Walk around the block once 3days a week.

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us" Hebrews 12:1.