

## Online Resources

[www.eatright.org](http://www.eatright.org) - American Dietetic Association website provides nutrition education resource materials to the public.

[www.mypyramid.gov](http://www.mypyramid.gov) - Customized calorie plans, meal planning, and tracking tools for both exercise and nutrition are included.

[www.sparkpeople.com](http://www.sparkpeople.com) - A wellness website chock full of nutrition, fitness, and motivation tips. Enter "BMI" in the search field to find a BMI calculator.

### Fitness Facts

- \* Exercising at even a moderate level provides most of the same benefits as exercising strenuously with less risk of injury.
- \* Walking, biking, swimming, tennis, and yard work are examples of a few moderate activities.



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Articles in this newsletter are not a substitute for the care and advice of medical professionals. When you have a question or need medical advice, diagnosis or treatment, consult your physician.

This newsletter is produced by Inova Health System in conjunction with your faith community. If you prefer not to receive this newsletter, please notify the appropriate personnel in your faith community.

Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health, blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research.

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# For Your Health

## Weight a Minute! Nutrition News You Need to Know

March

2008

[www.inova.org/chp](http://www.inova.org/chp)

March is National Nutrition month, a time to reflect on our eating habits and an opportunity for a health check. Did you know that sixty percent of us are overweight? However, small steps toward healthier eating can, and do, make a big difference.

Even a small 5 - 10% weight loss will (this translates to only 9 lbs if 180 pounds, 18lbs if 10% loss):

- \* Increase life span
- \* Reduce the risk of cancer and hypertension
- \* Lower cholesterol, blood pressure, & glucose levels
- \* Reduce the risk of heart disease and diabetes

*Congregational  
Health  
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Inova  
Community  
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### *The Word of Faith*

**"The journey of a thousand miles begins with a single step." Chinese proverb**

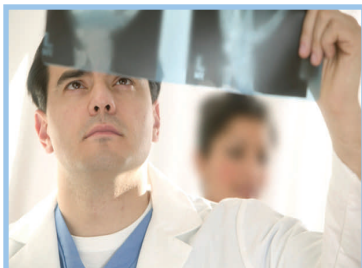
**Affirm in prayer and meditation single steps in your healthy weight journey.**



## Scale Smarts

### The Impact of Overweight

- \* Increases Blood Pressure
- \* Decreases HDL Cholesterol (good form)
- \* Increases Triglycerides (fats)
- \* Shortens Life Span
- \* Increases Risk of Cancer (breast & colon)
- \* Increases Risk of Diabetes
- \* Increases Body Fat
- \* Weakens Bones



### How Can I Tell if I am Overweight?

Ask your doctor to calculate your BMI, or Body Mass Index. You can also easily calculate your BMI online. One website that has a BMI calculator is [www.sparkpeople.com](http://www.sparkpeople.com).

#### BMI Categories:

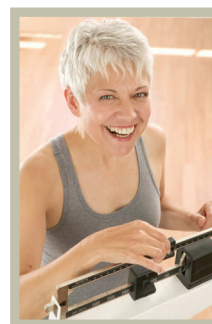
- Underweight = <18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater



## Nutrition Nibbles

### Strategies for Effective Weight Management:

1. Work it out—Exercising “regularly” means the goal is to exercise at least 30 minutes most days of the week.
2. Step Up—Since weight changes daily, step on the scale weekly. Just look at overall weekly weight and trends.
3. Keep a Food Diary—Writing down the food and drinks you consume is an excellent tool to make you more aware of the foods and amounts that you eat.
4. You’re on the clock—Eating smaller portions every 3-5 hours helps to control overeating. Keep your body fueled to work properly. Skipping meals will result in overeating later.
5. Cut it out!—Reduce fat and high sugar foods. This will leave room for fresh fruits, vegetables, and low fat foods.
6. Snack Smart - Use snacks as a way to fill in the gaps in your diet. After completing a food diary, see where you lack foods at meals. If you need more calcium foods, use snack time to eat some low fat yogurt, cheese, or calcium fortified OJ.



#### Benefits of a Healthy Weight

- \* Reduces Stress / Anxiety Level
- \* Improves Mood
- \* Increases Energy Level
- \* Improves Self-image, Confidence