



# Design Your Plan

Keys to Success—Designing a Plan of Your Own

Learning to manage your weight is a very personal journey. This factsheet explains how you can increase your chances of success.



## Increase your chances of success

### Consume fewer calories than you burn.

A 40-year-old woman, 5 feet 6 inches tall, 175 pounds, burns about 1,500 calories per day (without physical activity).

A 40-year-old man, 6 feet tall, 225 pounds, burns about 2,000 calories per day (without physical activity).

### Calculate Your Weight Loss

To lose weight, multiply your current weight in pounds, by 10.

*For 200 pounds, that's 2,000 calories per day.*

Weight \_\_\_\_\_ x 10 = \_\_\_\_\_

Then take your current weight, multiply by 7 and then 8.

*For 200 pounds, that's 1,400 and 1,600 calories per day.*

Weight \_\_\_\_\_ x 7 = \_\_\_\_\_

Weight \_\_\_\_\_ x 8 = \_\_\_\_\_

Depending on your activity level:

- At about 2,000 calories per day, you'll maintain your weight.
- At 1,400-1,600 calories per day, you'll lose about 1 pound per week. At 1,000-1,200 calories per day you'll lose about 2 pounds per week

## Make healthy food choices

- ▶ Choose lean protein: reduced-fat dairy products, eggs, fish, chicken, lean cuts of beef & pork.
- ▶ Cut back on certain carbohydrates: white rice, potatoes, sugars, low-fiber breads, cereals, pasta. When you do eat those carbohydrates, keep portions small and eat them with protein.
- ▶ Eat generous amounts of watery, low-density fruits and vegetables.
- ▶ Look for high-fiber grains and legumes you like such as oatmeal, beans, brown rice, and breads. Try preparing them with more watery foods such as apples, celery, onion, and peppers. Look for products with at least 3 grams of fiber per serving and those with reduced carbohydrate content.

- ▶ Include healthy fats in your foods that provide a feeling of fullness and satisfaction: olive oil, reduced fat salad dressings and mayonnaise, avocado, nuts, olives, salmon. Eat enough fat to avoid feeling deprived: meats, cheeses, sauces.

## Increase your activity level

- ▶ Do whatever it takes to fit activity into your life. Take the stairs instead of the elevator. Walk at lunch, during the day, or after work. Get out and enjoy a nature walk or hike on the weekend. Park your car farther from the door.
- ▶ Try to include some kind of weight and strength training as part of your routine. Using hand weights and other strength-building techniques can help you build muscle and self-esteem. You become even more active because you feel better and can do more.



## More keys to successful results

### What has worked for others

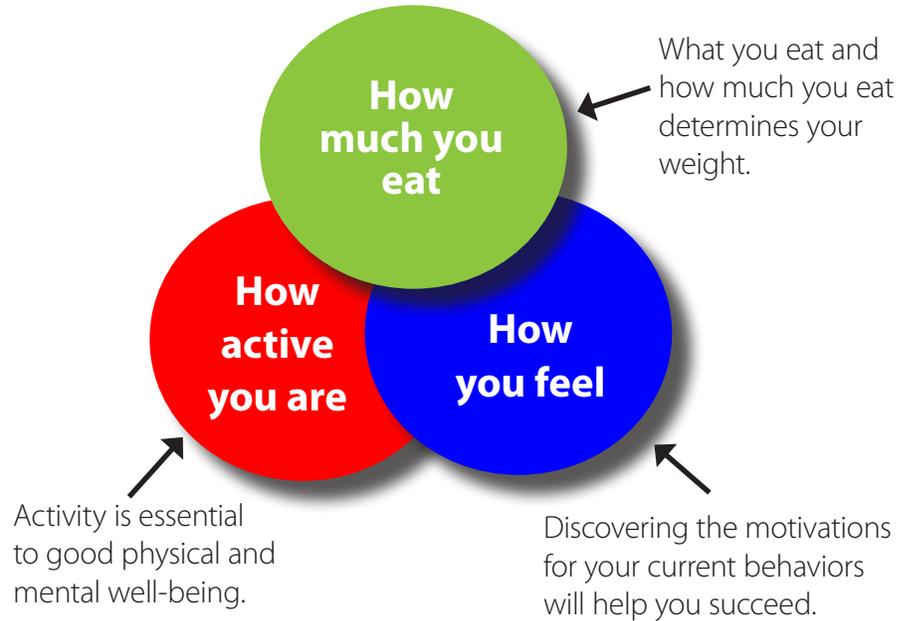
- Keep trying. Don't give up.
- Don't deny yourself.
- Weigh yourself often.
- Exercise one hour per day.
- Have an active day.
- Eat low-fat, moderate carbohydrate, lean protein foods.
- Eat five small meals a day.

*Source: National Weight Control Registry*

### **Build a supportive environment**

- ▶ Find other people who want to be active and whose company you enjoy. Having someone understand and support your efforts is important. We all need a little help at home, at work, and at play.
- ▶ Make it easy to eat more healthfully and to move more. Keep fresh fruit and your hiking boots handy.
- ▶ Create a home where you can rest and rejuvenate. Getting enough good quality sleep is essential to all your other efforts.

## **3 Key Elements**



**What are your ideas, based on observations of your current behavior, about why you eat too much and are less active than you need to be to lose 10 percent of your current weight?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Source: The National Weight Control Registry, The Brown Medical School, Providence, RI, <http://www.nwcr.ws/>. Accessed July 2009.



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