NEUROLOGY GROUP of BERGEN COUNTY

WEIGHT MANAGEMENT

Achieving weight loss can sometimes be challenging, frustrating and time consuming. Yet, in the end it is also **very rewarding**. The following guidelines will discuss the main factors in a program of successful weight loss:

1. Motivation

Healthy weight loss can lead to a significant reduction of your risk for the development of: hypertension, diabetes, heart disease, sleep apnea, stroke as well as back and knee pain. It is a known fact that **weight loss improves survival**. In fact, losing just 10% of your current body weight can make a difference in the way you feel on a daily basis. You will have improved mood, mobility and better breathing which can help you further in your quest to lose weight.

2. Diet Modification

Healthy eating habits are a fundamental part of any successful wellness program. Healthy eating makes it easier for you to maintain a healthy weight and enjoy all the health benefits associated with maintaining a healthy weight. There are many dietary guidelines available to help you lose weight in the healthiest way possible. You may speak to your primary care physician or nutritionist for recommendations. You may also choose to visit www.WeightWatchers.com or another commercially available and medically approved program. It is important to involve friends and family members in this process in order to successfully maintain your newly established diet.

3. Exercise

Being active is an important part of any weight-loss or weight-maintenance program because exercise can help you boost your metabolism. When you are active, your body uses more energy (calories). And when you burn more calories than you consume, you prevent weight gain and maintain weight loss.

For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

1. At least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. Moderate aerobic exercise includes brisk walking, swimming and mowing the lawn. Vigorous aerobic exercise includes running and aerobic dancing.

2. Strength training exercises at least twice a week. Strength training can include use of weight machines, or activities such as rock climbing or heavy gardening.

As a general goal, aim for at least 30 minutes of physical activity every day. Before you start exercising, you should first speak with your primary health care provider.