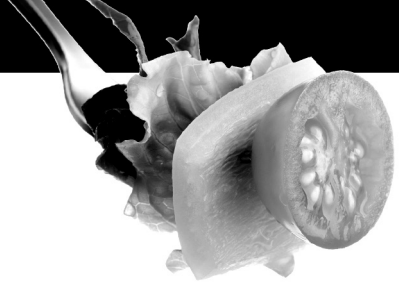


A Balanced Approach to Weight Management



A Balanced approach



- Do you have the desire to change but are unsure about getting the help you need?
- Are you disillusioned and confused with all the information out there on what you should or should not be eating for health, weight control and daily living?
- Have you ever tried to lose weight, succeeded to some extent though not as much as you wanted but then over the next several months put it all back on again?

The answer is simple

Eating fewer calories while increasing physical activity are the keys to controlling body weight.

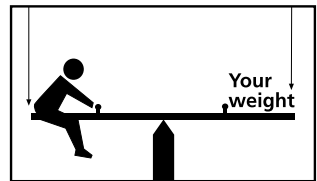
Following this step by step guide plus the advice from your gym instructor will help you lose weight, give you more energy and get you well on your way to leading a healthier lifestyle

Energy in Vs Energy Out

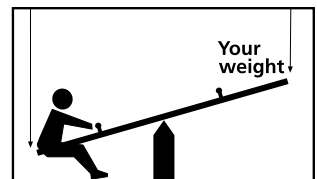
If you want to lose weight it is very easy to be swayed by magazines, books, advertisements or recommendations from friends about the latest wonder diet or product that will make the pounds drop off overnight with little pain or effort. However nearly all diets are based on calorie restriction, no matter how they are dressed up and indeed there is no magic formula.

Put quite simply – in order to lose weight calorie input (**energy in**) needs to be less than calorie expenditure (**energy out**)

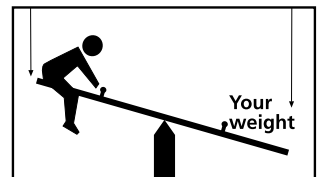
- If the number of calories you burn (**energy out**) is the same as the number of calories you take in (**energy in**) your weight will remain the same.



- If you burn more calories (**energy out**) than you take in (**energy in**) you will lose weight.



- If you take in more calories (**energy in**) than you burn (**energy out**) you will gain weight.



Energy needs of the human body



AT REST the human body will use up energy at the rate of 25 calories per kg of body weight. This is known as Base Metabolic Rate.

Take the time now to estimate your own Base Metabolic Rate.

25Kcals x Bodyweight in kg = _____ Kcals per day

Then, of course more Kcals will need to be consumed to fuel activity levels. This part of the equation is difficult to predict and has to be estimated. You can use the following guidelines:

Sedentary lifestyle	+ 20%
Moderately active Lifestyle	+ 50%
Very active lifestyle	+ 100%

Of course these are just guidelines. You could estimate your own activity levels to be in between these figures e.g. 60 or 75%

Example

For moderate activity, the energy needs of a 60 kg person would be:

25kcal x 60kg = 1,500kcal + 50% = 2,250 Kcals per day

Now workout your own daily energy requirement

Effective Weight Loss

If you use the following guidelines you will achieve long term weight loss which will be both achievable and sustainable. It will however require patience and will power and is not a quick fix which long term doesn't work.

The weight loss equation

- A sensible weight loss target would be around a 1lb per week.
- A 1lb of fat has the energy equivalent of 3,500 calories
- $3,500 \text{ calories} \div 7 \text{ (number of days in week)} = 500 \text{ calories}$

If you now take 500 calories from your daily energy requirement you will have a daily target amount of calories that will result in a lose of 1lb per week

Daily energy requirement – 500 calories = () daily calorie target

When setting a daily calorie target you must ensure:

- Calorie intake is not less than 50% of estimated energy requirements
- Calorie intake is not lower than BMR as some diets suggest

If you drastically cut your daily calories your body will perceive that it is starving and will switch to survival mode. Survival is a fundamental physiological response to a life threatening situation and it is designed to ensure, at all costs, the continuation of life.

In survival mode your body will burn muscle tissue and retain fat, which will result in short term weight loss but will ultimately slow your metabolism. Long term this will result in your initial weight loss stopping, followed by weight gain which will mean increased body fat.

Now workout your daily calorie target to allow a weight loss of 1lb per week

Balance of Good Health



FRUIT AND VEGETABLES

Eat plenty, have at least 5 servings per day

BREAD, CEREALS, POTATOES, PASTA AND RICE Eat plenty, have at least 5 servings per day Choose wholegrain varieties

MILK AND DAIRY FOODS

Eat some, have 2-3 servings per day Choose low fat versions

MEAT, FISH AND ALTERNATIVES

Eat some, have 2-3 servings per day

FATTY AND SUGARY FOODS

Eat only a little, eat occasionally

As important as watching the amount of calories you consume on a daily basis is ensuring that you are following a balanced diet eating from a wide variety of food groups. A healthy diet is one which supplies your body with all the nourishment it requires. The Balance of Good Health guide above shows the five food groups in the correct proportions for a healthy diet. Are you eating enough fruit, vegetables & starchy foods? Or does the section for fatty & sugary foods look much bigger in your diet? It is important to try and achieve this balance in our diet so that our body stays healthy.

Use the attached food diaries to keep a record of the amount of calories you use (**energy in**) on a daily basis and the balance of your daily diet.

Activity and Lifestyle



It seems that success lies not in dieting alone but in bringing about a whole series of lifestyle changes of which the move to a healthy (calorie adequate) diet is only one. In particular success in achieving AND maintaining a healthy body weight is very strongly associated with an active lifestyle in which regular exercise plays a strong part.

In addition to attending the gym regularly it is worthwhile looking at current daily patterns of activity and finding a wide variety of ways to add that activity. This might include things like:

- Always using the stairs instead of lifts or elevators.
- Leaving the car at home for short journeys like trips to the local shops.
- Walking to work instead of using public transport (if possible) and if not, getting off the bus a stop or two earlier and walking the rest of the way.
- With desk bound jobs make sure lunch breaks are spent taking a walk in the park or around the shops.
- Take up an active leisure time hobby dancing classes.
- Every time you do have to walk anywhere no matter for how short a time – make it brisk.

This extra activity will of course need extra energy in the form of calories and some of those calories will be provided by stored fat on the body. Even though those calories might not seem significant on a daily basis just burning 100 more calories per day will lead to one pound of fat loss every 5 weeks or 10 pounds of fat per year. Suddenly the insignificant calorie deficit becomes significant.

See attached table for Calories/Hour expended in common physical activities

Use the attached activity diary to keep a log the daily physical activity you carry out and how many calories you have burned (**energy out**)

Monitoring Progress

Statistics	Week 1	Week 4
Weight (kg)		
Height (mtrs)		
BMI		
Waist to hips ratio		
Body fat%		

Body Mass Index (BMI)

To obtain your BMI

$$\frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

BMI may be classified as follows:

Over 40 very obese:	must lose weight
30 – 39 obese:	need to lose weight
25 – 29 overweight:	should lose weight
20 – 24 healthy:	desirable weight
under 20:	underweight

Waist to Hip Circumference

To obtain your waist to hips measurement use a non elastic tape whilst standing up, use metric or inches, measure at the of normal breathing. Divide the hip measurement into the waist measurement to determine your ratio, compare with table

Classification	Men	Women
High Risk	>1.0	>0.85
Moderately High Risk	>0.9 – 1.0	0.8 – 0.85
Lower Risk	<0.9	<0.8

Calories/Hour Expended in Common Physical Activities



Some examples of physical activities commonly engaged in and the average amount of calories a 154 pound individual will expend engaging in each activity for one hour. Some of the activities can constitute either moderate or vigorous physical activity depending on the rate at which they are carried out (for walking and cycling).

Moderate physical activity	Approximate calories/hour
Hiking	370
Light gardening/work	330
Dancing	330
Golf (walking & carrying clubs)	330
Cycling (<10mph)	290
Walking (3.5mph)	280
Weight lifting (light workout)	220
Stretching	180
Vigorous physical activity	Approximate calories/hour
Running/jogging (5mph)	590
Cycling (>10mph)	590
Swimming (any stroke)	510
Aerobics	480
Walking (4.5mph)	460
Heavy manual work	440
Weight lifting (vigorous effort)	440
Team sports (vigorous)	440

For information about South Lanarkshire Leisure's Fitness Membership packages or fitness classes at your local leisure facility, please call your local centre listed below:

Biggar Sports Centre	01899 221029
Blantyre Leisure Centre	01698 727800
Burnhill Recreation Centre	0141 643 0327
Carluke Leisure Centre	01555 751384
Coalburn Leisure Complex	01555 820848
Dollan Aqua Centre	01355 260000
Duncanrig Sports Centre	01355 248922
Forth Sports & Community Centre	01555 812058
Hamilton Water Palace	01698 459950
Lesmahagow Sports Facility	01555 894127
Jock Stein Centre	01698 828488
John Wright Sports Centre	01355 237731
Larkhall Leisure Centre	01698 881742
Lanark Pool	01555 666800
Leisuredome	01555 893093
New Winston	01555 673847
South Lanarkshire Lifestyle	0141 642 9500
Stonelaw Community Sports Centre	0141 647 6779 / 0141 642 9500
Strathaven Leisure Centre	01357 522820

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