IMPORTANT
Please consult your primary care physician or the nearest healthcare facility before participating in any diet or weight loss program.

FOR MORE INFORMATION
Center for Disease Control and Prevention at www.cdc.gov and search obesity and healthy weight
Office of Disease Prevention and Health Promotion www.health.gov and search physical activity guidelines
National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov/ and search healthy weight
Heads Up Kentucky at www.headsupkentucky.org

ABOUT THE KPA FOUNDATION
The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at www.kpa.org

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MAINTAINING A HEALTHY WEIGHT

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Presented by THE KENTUCKY PSYCHOLOGICAL ASSOCIATION FOUNDATION
HEALTHY WEIGHT

Healthy weight is about finding a balance between diet and exercise.

Many factors can contribute to a person's weight such as the environment, family history and genetics, metabolism (the way your body changes food into energy), and behavior.

When we talk about maintain healthy weight we are referring to maintaining a balance of ENERGY IN and ENERGY OUT. The energy is coming into your body in the form of food, and leaving it through physical activity.

In order to maintain a healthy weight this energy balance has to be equal. To lose weight one has to take less energy in, than they put out. This can be achieved by exercising (putting more energy out) and maintaining a healthy diet (taking less energy in).

Maintaining a healthy weight is so important: It helps you lower your risk for developing health problems, helps you feel good about yourself, and gives you more energy to enjoy your life!

THE IMPORTANCE OF EXERCISE

Losing and maintaining a healthy weight can be hard. Exercise not only improves your physical well-being, but can also improve your mood and health. Physical activity is described as any activity that gets your body moving and may reduce your chances of developing chronic health problems. Regular exercise can also reduce your blood pressure and cholesterol which are risk factors for obesity and other health issues.

Remember some activity is better than none!

- Children and adolescents should get 60 minutes of physical exercise each day.
- Adults and older adults should get 2 hours and 30 minutes of a week of aerobic exercise such as brisk walking and muscle strengthening activity at least twice a week.

When starting an exercise routine, remember to start slowly and consult a physician if you have any medical problems.

DIET AND NUTRITION

What we eat is important! Why? Because the food we put in is the energy we use! Energy can be counted in calories. The process of weight loss can be seen through calorie balance. Calorie balance is the balance between calories you get from eating and drinking and those you use up through physical activity and body processes like breathing, digesting food, and, in children, growing.

A calorie balance should always be included in a healthy diet. A healthy diet provides your body with the nutrients it needs every day while staying within your daily calorie goal for weight loss. A healthy diet will also lower your risk for heart disease and other health conditions.

Tips for a healthy diet:
- Eat vegetables, fruits, whole grains, and fat-free or low-fat dairy products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Limit saturated and trans fats, sodium, and added sugars
- Controls portion sizes (eat less of your meal altogether)

To lose weight a good rule of thumb would be to take in 500 calories less than you put out, each day. However, make sure you to get all of the above-mentioned nutrients when eating less calories, so that your body gets all of the energy it needs!