



American Heart Association.

Healthy for Good™



HOW TO MANAGE WEIGHT



KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.

REDUCE CALORIES IN:

Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.



INCREASE CALORIES OUT:

An activity tracker can help you gauge how much physical activity you get.



LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. Optimal BMI is less than 25 but less than 18.5 is considered underweight. You can calculate your BMI online or see your health care professional.



TIPS FOR SUCCESS



CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating.



GET ACTIVE

Sit less, move more and add intensity to burn more calories and improve your overall health.



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



GET HELP

If you aren't able to lose weight successfully on your own, talk with your health care professional.

Learn more at heart.org/lifes8