

Losing Weight Safely

If You're Overweight, Slim Down for Better Health

Overweight people have an increased risk of high blood pressure, heart disease, and other illnesses. Losing weight reduces the risk.

Ask Your Therapist about Sensible Goals



Your therapist can help you set sensible goals based on a proper weight for your height, build and age.

Men and very active women may need up to 2,500 calories daily. Other women and inactive men need only about 2,000 calories daily. Athletes working out strenuously for 1-2 hours a day may require 3,000-5,000 calories daily. A safe plan is to eat 300 to 500 fewer calories a day to lose 1 to 2 pounds a week. You will first need to figure out how many calories you eat every day and then decrease that by 300 to 500.

Exercise 30 Minutes



Do at least 30 minutes of exercise, such as walking, swimming, biking, most every day of the week. The idea is to use up more calories than you eat. You need to use up the day's calories and some of the calories stored in your body fat. Talk to your doctor or physical therapist before starting a brand new exercise program.

Eat Less Fat and Sugar

This will help you drastically cut calories. Fried foods, fatty desserts and processed foods quickly use up a day's calories and they provide very little nutritional value for healthy living.

Eat a Wide Variety of Natural Foods

A variety of natural unprocessed foods provide vitamins and other nutrients your body needs.

Watch Out for Promises of Quick and Easy Weight Loss



Fad diets are not good because they often call for too much or too little of one type of food. Remember, if it sounds too good to be true, it probably isn't true. In most cases if you look at the fine print you will see "and moderate exercise." Exercise is the most vital component and is necessary to lose that extra weight.

The Dreaded Scale

It is important to note that "losing weight" does NOT necessarily mean actually weighing less. We all have FAT, it is the proportion of fat to muscle that is the most important. Some people actually gain weight when becoming more physically active because as they exercise and eat correctly they gain muscle which is heavier than fat.

Being physically active and following a regular exercise program is a far better indication of health than the actual numbers on the scale; once you have a regular exercise routine then a target weight is much more easily achieved.