



choose a healthy weight for life

Are Americans healthier today than they were 10 years ago? Learn about your risk for a heart attack, the importance of physical activity and your ideal weight.

For most people today, being overweight is the result of unhealthy eating patterns, too many calories and too little physical activity. The incidence of childhood obesity, type 2 diabetes, high cholesterol and sedentary lifestyle has never been higher. Today, one out of three children and two out of three adults are overweight or obese.*

GETTING STARTED. TAKING YOUR FIRST STEPS.

When you get started with physical activity, start slowly and then increase the intensity gradually (e.g., start with a 10 minute walk three times a week and work your way up to 30 minutes of brisk walking or other form of moderate activity five times a week). Don't be afraid to ask for support from friends and family, and likewise support the people in your life who are also trying to be physically active.

DID YOU KNOW IF YOU'RE OVERWEIGHT OR OBESE, YOU'RE AT GREATER RISK FOR A HEART ATTACK?

It's true. Find out if you are at an increased risk of having a heart attack and complete the questionnaire on the right. A few minutes taken now to identify your risk could add years to your life through proper medical intervention and healthy lifestyle changes.

YES (Y) OR NO (N):

_____ Do you smoke?

_____ Is your blood pressure 140/90 or higher, **OR** have you been told by your doctor that your blood pressure is too high?

_____ Has your doctor told you that your total cholesterol level is 200 **OR** higher or your HDL is less than 40?

_____ Has your father or brother had a heart attack before age 55 **OR** your mother or sister had one before age 65?

_____ Do you have diabetes **OR** a fasting blood sugar of 126 or higher, **OR** do you need medicine to control your blood sugar?

_____ Are you a man over 45 years of age?

_____ Are you a woman over 55 years of age?

_____ Do you get less than a total of 30 minutes of physical activity on most days?

_____ Has a doctor told you that you have angina (chest pains), **OR** have you had a heart attack?

If you answered "Y" (yes) to any of these questions, you're at an increased risk of having a heart attack. Take the first step toward a healthier you and talk with your doctor.



EXAMPLES OF MODERATE AMOUNTS OF PHYSICAL ACTIVITY

- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Walking 2 miles in 30 minutes
- Shoveling snow for 15 minutes
- Basketball (shooting baskets) 30 minutes/(game) 15-20 minutes
- Bicycling 5 miles in 30 minutes/4 miles in 15 minutes
- Swimming laps for 20 minutes
- Jumping rope for 15 minutes
- Running 1½ miles in 15 minutes

HELP YOUR KIDS MAINTAIN A HEALTHY BODY WEIGHT

Make healthy living a family affair! By making wellness a team effort, everyone in the family – especially your kids – will benefit from the advantages of eating right, and exercising regularly. Try these helpful tips:

- Set guidelines for the amount of time your children can spend watching television or playing video games.
- Plan family activities that involve exercise including hiking, biking or walking around the mall.
- Eat meals together as a family and eat at the table.
- Don't use food as a reward or punishment.
- Keep healthy snacks on hand. Good options include fresh, frozen or canned fruits and vegetables, low-fat yogurt or ice cream, frozen fruit juice bars, and cookies such as graham crackers or vanilla wafers.

For more information, and to view additional resources, visit us online at independenthealth.com.

Sources:

*IOM (Institute of Medicine). 2012. Accelerating Progress on Obesity Prevention: Solving the Weight of the Nation. Washington, DC: The National Academies Press.
www.nhlbi.nih.gov/health/index.htm
www.surgeongeneral.gov/topics/obesity
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