

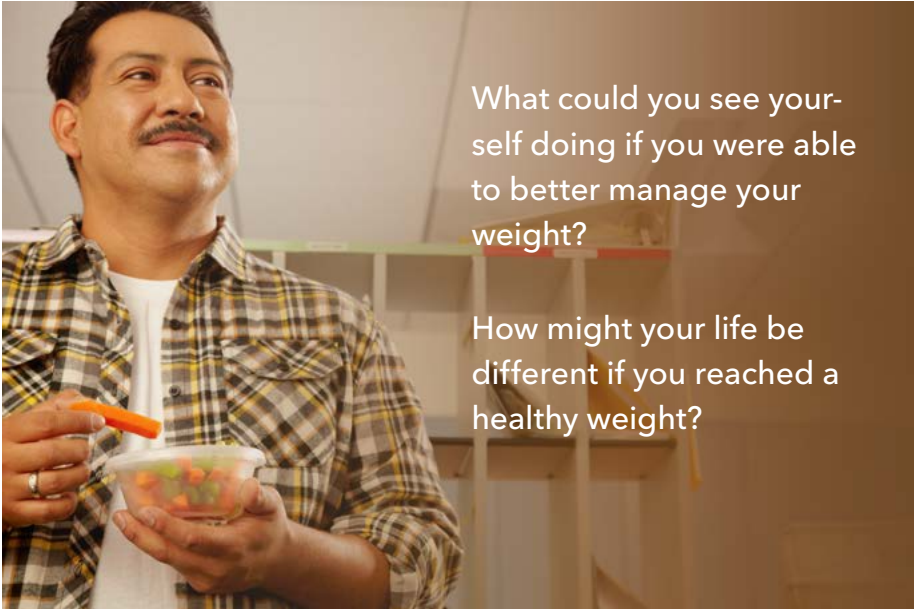


# a healthy weight for you

strategies for success



All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.  
500 NE Multnomah St., Suite 100, Portland, OR 97232.



What could you see yourself doing if you were able to better manage your weight?

How might your life be different if you reached a healthy weight?

Whether this is your first try at managing your weight or you have tried before, having the right tools is vital for success. This booklet will give you tools and strategies that have been shown to help people lose weight and keep it off.

Whether you choose to join a program or try to manage your weight on your own, the keys to success on this journey can be to:

- **Prepare**
- **Plan**
- **Practice**

Setting goals, coming up with an action plan, and practicing new skills over time will help you gain the confidence to manage your weight successfully.

# PREPARE: Get ready



## Are you thinking about losing weight?

- Yes    No    Not sure

People want to lose weight for many reasons. Here are a few:

- To have more energy
- To fit into favorite clothes
- To be able to take part in sports or other activities
- To better manage diabetes
- To be healthier

What is the main reason **you** want to lose weight?

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Your weight affects your health. Body mass index (BMI) can help tell you whether your weight is in a healthy range for your height or whether your weight puts you at risk for health problems.

BMI has some limits as a measure of being overweight. Athletes may have a high BMI because of muscle weight, and yet they may have little body fat and a low risk of health problems. Adult BMI measurements also do not account for gender or age differences.

## How to find your BMI:

1. Find your height on the far left column.
2. Find your weight in the top row.
3. Locate your BMI in the chart where your weight and height meet.

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	52	55	57	59	61	62
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5'5"	20	22	23	25	28	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	37	40	41	42	44
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	36	39	40	41	42
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	35	38	39	40	41
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	34	37	38	39	40
6'5"	14	15	17	18	19	20	21	22	24	25	26	27	29	30	31	32	33	34	36	37	38	39
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	33	35	36	37	38
6'7"	13	14	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	32	34	35	36	37
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	31	33	34	35	36

**18.5-24.9:** Your BMI is in a healthy range. You may want to focus on keeping your weight at a healthy level by trying the lifestyle changes covered in this booklet.

**25 or higher:** BMI in this range can raise your risk for illnesses. These include high blood pressure, heart disease, high cholesterol, diabetes, sleep apnea, arthritis, certain cancers, and many other conditions. A higher BMI may mean you are more at risk for these serious health problems.

To lose weight, most people need to cut down on the number of calories they get from food and drinks and increase their physical activity. For a healthy weight loss of 1 to 2 pounds a week, most people need to cut out 500 to 1,000 calories a day. Don't go below 1,200 calories a day unless you are being directly supervised by a doctor or dietitian.

# PREPARE: Decide



You have taken the first step toward managing your weight by reading this booklet. Ask yourself these questions to help you decide whether you are ready to start a weight management program:

- Is your weight holding you back from doing what you want?
- Is it worth the effort to make changes to your eating and exercise habits?

**On a scale of 0 to 10, how important is it to you to start a weight management program?**



**Not very important (score 0 to 3)**

What would need to change to make it more important in the future?

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Even if you don't feel it is important right now, it may be helpful to **keep reading this booklet** so you can learn more about how 1 or 2 simple lifestyle changes can make a big difference.



**Somewhat important (score 4 to 6)**

Think about whether managing your weight is important to you by answering the following questions:

- What do you like about the way things are right now?
- How would managing your weight benefit you?

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**It's very important to me! (score 7 to 10)**

Congratulations! This booklet will help you get started. Setting a goal and writing a personal action plan are the first steps toward making long-term changes. Keep reading to learn more.

# PLAN: Assess where you are today



Having a starting point will help you set realistic goals and get you to where you want to be.

Research shows that daily tracking of what you eat and how much physical activity you do is one of the keys to managing your weight. Keeping a food and activity log gives you a clear picture of what you eat, how much you eat, and how active you are. Practice with this sample log by filling in the food and drinks you had today and the type and amount of physical activity you did on the next page. (You can also find food and activity trackers online or as a phone app. Some to try are MyFitnessPal, Fooducate, MyFoodDiary, Every Body Walk!, and Eating Mindfully.)

Place	Time	Food/Beverage	Amount/Portion
Home	7:30 a.m.	Plain low-fat yogurt	6 ounces
Home	7:30 a.m.	Mixed berries	1 cup

## Daily activity (type and amount)

*Brisk walk for 30 minutes*

Review your food and activity log to see if you are making healthy choices. If you are not sure, refer to the next section for tips on a healthy diet.

Now take a closer look at your food and activity log and answer these questions:

- What is healthy about the way you are eating now?
- What is positive about your physical activity now?

Keep up the good work on the things you are doing well!

What part of your daily eating or activity habits do you want to improve?

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Changing your eating and activity habits all at once can be hard. If you take it just one step at a time, you can make small changes that will make a big impact on your health in the long run.



# PRACTICE: Strategies for weight management



Certain strategies have been proven to help people lose weight and keep it off. Read through the following strategies and ask yourself which ones you are ready to work on. Focus on 1 or 2 at first and set goals and an action plan around them. In time, you will change your lifestyle so you feel confident managing your weight.

## ► Enjoy healthier foods

Some foods can help you feel full, eat less, and manage your weight. Here are some healthy foods that will fill you up:

- Foods high in fiber, such as vegetables, fruits, 100 percent whole grains (brown rice, oatmeal), and legumes (beans, split peas, and lentils)
- Lean protein, such as beans/legumes, fish or skinless poultry, and nonfat plain yogurt
- Low-sodium broth-based soups, especially before a meal
- Unsalted nuts and seeds (very small handful)
- Plenty of water each day

Do you eat enough of these filling foods?  Yes  No

If not, list the foods that you want to eat more of:

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## Healthy eating plan: A day at a glance

This food guide is based on a 1,500-calorie plan for weight loss. You may need to adjust the number of servings based on your calorie needs.

Number of servings	How many servings did you eat today? Check 1 box per serving
<p><b>VEGETABLES</b> <i>5 or more servings a day</i></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• ½ cup cooked</li> <li>• 1 cup raw</li> </ul>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>FRUITS</b> <i>2-3 servings a day</i></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• 1 small piece</li> <li>• ½ cup cut up</li> <li>• 2 tablespoons dried</li> </ul>	<p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
<p><b>GRAINS</b> <i>6 whole-grain servings a day</i></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• ½ cup cooked whole-grain pasta, cereal, or brown rice</li> <li>• 1 slice whole-grain bread</li> </ul>	<p><input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/></p>
<p><b>PROTEIN, LEGUMES/BEANS, and NUTS</b> <i>6-9 servings a day</i></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• ½ cup beans or legumes</li> <li>• ¼ cup nuts</li> <li>• 1 ounce lean meat/fish</li> <li>• 1 egg or 2 egg whites</li> <li>• 1 ounce reduced-fat hard cheese</li> <li>• 1 cup milk or plain yogurt</li> </ul>	<p><input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/></p>
<p><b>FATS</b> <i>4 servings a day</i></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• 1 teaspoon oil</li> <li>• 1½ teaspoons of nut butters (almond, peanut)</li> <li>• 1/8 avocado (2 tablespoons)</li> </ul>	<p><input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/></p>



## Healthy tips



- Add a tossed salad to your lunch, and fill half your plate with vegetables at dinner to help you eat enough vegetables.
- Baby carrots and grape tomatoes make great snacks!



- To eat your daily fruit servings, have a piece of fruit at breakfast and add 2 more during the day for snacks.
- Try a different fruit every few days!



- Choose more whole wheat, oats, barley, brown rice, and quinoa.
- Choose cereals with less than 8 grams of sugar per serving.



- Include a serving of beans or nuts daily.
- Choose plant proteins more often: beans, peas, lentils, nuts, seeds, and soy products (tofu, soy milk).
- Choose fish (preferably wild), shellfish, or skinless chicken or turkey.
- Use healthier cooking methods: broil, grill, steam, or sauté in a small amount of healthy oil (olive or canola).



- Choose foods rich in healthy fats, such as fish, nuts, olive oil, and avocado.
- Limit saturated and avoid trans fats (partially hydrogenated), such as fats found in fatty meats, whole-fat milk, cream, butter, margarine, and processed baked and snack foods.

## Questions and answers about carbs and fats

### Are carbohydrates (“carbs”) bad for you?

Despite what you may have heard, many carbohydrates are good for you. The healthiest carbohydrates are those in their whole form, high in fiber, and not processed. Choose these foods most often: vegetables, whole fruits, brown rice, quinoa, whole grains, beans, peas, and lentils.

**Choose processed carbs less often.** These include white rice and foods made from white flour, such as white bread and pasta. Cut down on sugar, cookies, candy, potato chips, corn chips, regular sodas, sports drinks, and fruit drinks (including fruit juice). These add a lot of calories with very few nutrients. They may raise your risk of obesity, diabetes, and heart disease.

### Is fat bad for you?

All fats are high in calories, but not all fats are created equal. Your body needs some fat to absorb vitamins, produce hormones, and help you feel full. The goal of a healthy diet is to choose small amounts of healthy fats and limit or avoid unhealthy types.

Healthy fats, such as omega-3 fats and monounsaturated fats, may lower your risk for heart disease. Good sources include fish, nuts, avocados, ground flaxseeds, natural nut butters, extra virgin olive oil, and canola oil. To help with weight loss, measure out these foods to avoid too many calories from fat.

Avoid unhealthy trans fats (partially hydrogenated oil). Trans fat is linked to heart disease and diabetes. Trans fat can be found in vegetable shortenings, some margarines, packaged baked goods, and some fried foods. Read labels for “partially hydrogenated oil” in the ingredients list.

Limit saturated fats by choosing lean meats and trimming off fat, removing skin from chicken and turkey before eating, and cutting back on whole milk, milk chocolate, and coconut and palm oils. Eating less saturated fat may help lower your risk of heart disease.



## ► Control your portions

Eating too much, even healthy food, can cause you to gain weight. Using portion control can help manage your daily calorie intake.

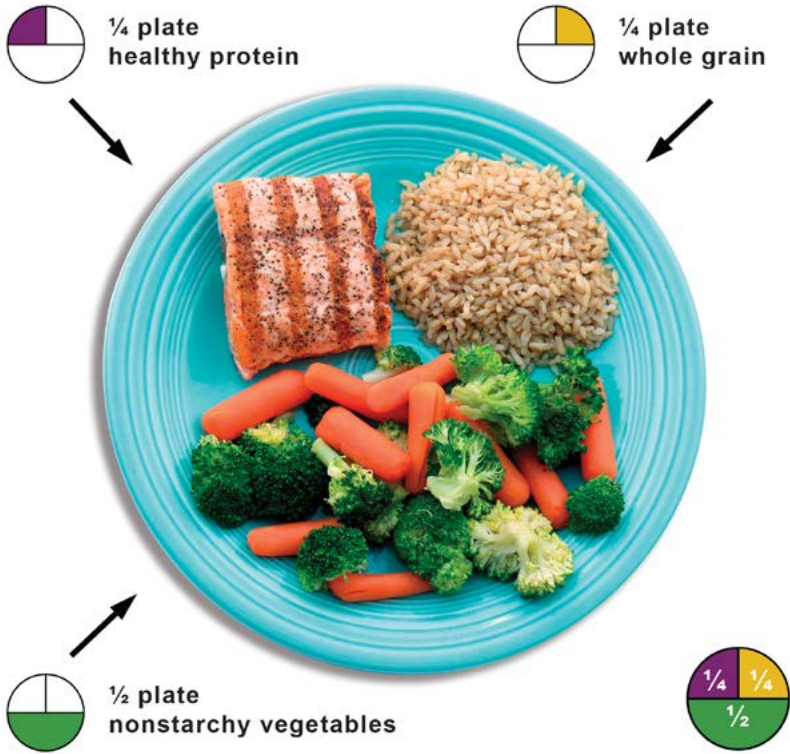
### Portion control tips

Check off the tips that you are willing to try.

- Eat meals at home more often. Bring a healthy lunch to work most days of the week.
- When dining out, take half your meal home for the next day.
- Use a smaller plate.
- Serve food from the stove, not at the table.
- Before going back for more food, wait a few minutes. Ask yourself whether you are still hungry. If so, try eating more vegetables.
- For snack foods or cookies, take one small portion from the package and put the rest away. Don't keep foods in the house that trigger overeating. Out of sight, out of mind!

## The healthy plate

The plate method can help you portion your food in a healthy way.



## Mindful eating tips

- Sit down when you eat.
- Do not eat in front of the TV or computer.
- Take time to eat. Slow down by putting your fork down between bites. Chew your food well and really taste what you are eating.
- Eat only when your body is hungry. Before you eat, ask yourself, "Am I really hungry or just stressed out or bored?"



## ► Don't drink your calories

What you drink affects your weight as much as what you eat. Many drinks are high in sugar, fat, and calories. Instead of sodas, energy drinks, sweetened coffee drinks, sweet tea, and mixed drinks, try some of these healthier choices:

- Water infused with lemon or lime
- Sparkling mineral water
- Unsweetened coffee or tea
- Zero-calorie flavored waters
- Nonfat milk

Are there any high-calorie drinks that you have every day? Which ones can you cut out of your diet?

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Read nutrition labels to learn more about the calories and sugars in your drinks.

## ► Plan meals

Eating small, healthy meals at regular, scheduled times helps control hunger and prevent overeating. Check the box if you:

- Eat breakfast every day
- Eat a meal at least every 4 to 6 hours
- Plan for a healthy snack when you can't eat a full meal



## ► Keep track

People who track or monitor what they eat, what they drink, and their physical activity each day are more likely to lose weight and keep it off. The PLAN section of this booklet discussed tools for completing a food and activity log.

Keeping track of what you work on is important to help you:

- Be accountable to your goals and plans
- Track progress over time
- Learn about your eating patterns
- Identify problems and solutions
- Keep motivated

Are you keeping track of the following?

- Food and activity
- Weight and/or body measurements
- Milestones, such as being able to walk or run around the block

## ► Be more active

Physical activity helps burn calories and tone the body. The right kind of exercise can build muscles and decrease body fat. It helps your mood, energy level, and overall well-being. Exercise is also the best way to maintain weight loss.

Aerobic exercise, such as walking, running, swimming, and biking, burns fat and sugar for energy. It increases your heart and breathing rate. Strength training with weights or exercise bands builds muscle tone and strength. Flexibility exercises, such as stretching or yoga, help lower the risk of muscle strain and injury.



If you have an ongoing health condition, or have not exercised in some time, talk to your doctor before starting an exercise program.

## The FITT guidelines can help you plan your workout.

<b>F</b>	<b>Frequency:</b> Exercise at least 5 days a week.
<b>I</b>	<b>Intensity:</b> Aim for a moderate level of intensity. Exercise hard enough to make you breathe deeply and sweat a little, but easy enough to carry on a conversation.
<b>T</b>	<b>Time:</b> Exercise for 30 to 60 minutes a day. Mix it up! You can do two 30-minute sessions, three 20-minute sessions, or an hour at a time.
<b>T</b>	<b>Type:</b> Choose aerobic exercise, such as walking, running, or swimming; strength training; and stretching or yoga.

What are some ways you could be more active every day?

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### ► Seek support and manage stress

Make time to take care of yourself and pace your daily activities. Don't overdo it! Find things that nurture you, seek support from others, and manage your stress. This will help keep you calm and less likely to use food for comfort.

Nurturing activities may include:

- Hobbies
- Time with friends or family
- A warm shower or spa
- Physical activities
- Positive self-talk

Getting support from a wellness coach or attending a class with a friend can help you make lifestyle changes for the better.

Support may include:

- Taking part in worksite or community wellness activities
- Joining a support group
- Teaming up with family members or friends who share your lifestyle goals

I can get support from:

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### ► Get enough sleep

Getting enough sleep can help you lose weight. Research has shown that sleeping 6 to 8 hours a night can help with your weight loss efforts.

Do you sleep 6 to 8 hours a night on most nights?

- Yes    No

## PRACTICE: My Personal Action Plan



Here are the strategies at a glance.

- Enjoy healthier foods
- Keep track
- Control your portions
- Be more active
- Don't drink your calories
- Seek support and manage stress
- Plan meals
- Get enough sleep

Don't try to do everything at once. On a scale of 0 (not ready at all) to 10 (totally ready), how ready are you to take action to manage your weight? \_\_\_\_\_

If your score is 0 to 6, review the section on page 3. You may need more time to prepare for making changes.

If your score is 7 or above, you are ready! Circle the strategy listed above that you want to work on first.



## ► Create an action plan

Action plans are short-term plans that help you reach your goal and improve your chances of success. Your plan must answer the questions:

- **What** are you going to do?
- **How much** are you going to do?
- **When** are you going to do it?
- **How many** days of the week are you going to do it?

### Example:

This week I will walk (*what*) for 20 minutes (*how much*) before lunch (*when*) on Monday, Wednesday, and Friday (*how many*).



## ► My action plan

This week I will:

\_\_\_\_\_ (what)  
\_\_\_\_\_ (how much)  
\_\_\_\_\_ (when)  
\_\_\_\_\_ (how many)

Reward yourself with something (other than food) to feel good about taking care of yourself!

## How confident are you that you will succeed with your plan?



0 = not confident at all

10 = totally confident

Your confidence level should be 7 or higher.





## Resources to help you with your plan

### Health Engagement and Wellness Services

Kaiser Permanente offers different weight management and healthy living programs. These include one-session overview classes, weekly group programs, and programs for families. Call 503-286-6816 or 1-866-301-3866 (toll free), option 1. You also can see a catalog at [kp.org/healthengagement/classes](https://kp.org/healthengagement/classes).

### Talk with a Health Coach

Do you want to make some healthy changes? A health coach can offer support and motivation, and discuss strategies to help you quit tobacco, eat healthy, reduce stress, get active, or manage your weight. This service is available Monday–Friday for Kaiser Permanente members. Call 503-286-6816 or 1-866-301-3866 (toll free), option 2.

*Information about the coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.*

### Healthy lifestyle programs

Kaiser Permanente members can get free, online action plans. They are individualized for you, and address such topics as weight, stress, sleep, nutrition, and pain. You can find them at [kp.org/healthylifestyles](https://kp.org/healthylifestyles).

### Meal planning

Check out tips at [mealsmatter.org](https://mealsmatter.org) and [choosemyplate.gov](https://choosemyplate.gov).

### Physical activity

Learn more at [everybodywalk.org](https://everybodywalk.org) and [cdc.gov/physicalactivity](https://cdc.gov/physicalactivity).





## You don't have to manage your weight alone.

Kaiser Permanente has many resources to help you get started. Contact Health Engagement and Wellness Services for resources and information about our weight management programs, or go online to [kp.org/healthengagement/weight](https://kp.org/healthengagement/weight). We look forward to helping you take the next step toward a healthier you.



[kp.org/healthengagement](https://kp.org/healthengagement)