

new weight loss lifestyle? Living this new lifestyle will help decrease your cravings and withdrawals.

**8. Stay on schedule!** Eat your meals at regular times each day. It makes digestion more efficient and makes you feel better. Eat slowly and enjoy your food. Put all that you want/need on your plate at one time and then don't go back for seconds.

**9. Ask three questions!** Is it the right time to eat? Is it healthy for me? Is it the right amount? If you can answer yes to all three questions, then go ahead and eat!

**10. Trust in God!** Nearly everyone recognizes that they need help to make a real change, and God is just the One to help. He knows what your needs are and He has the power to help. Bring your wants and needs before Him and ask for His help. He will be happy to assist you and give you the strength and self-control that you never thought possible.



We hope that this handout is helpful to you, and our prayers are with you as you make a change in the way you live. Remember, this is a new lifestyle, not a new diet.

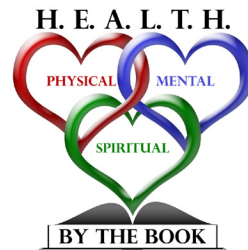
Make the change for life!

I can do all things through Christ who gives me strength.  
—Philippians 4:13

But thanks be to God, who gives us the victory through our Lord Jesus Christ.  
—1 Corinthians 15:57

Those who put their trust in Christ are not to be enslaved by any hereditary or cultivated habit or tendency. Instead of being held in bondage to the lower nature, they are to rule every appetite and passion. God has not left us to battle with evil in our own finite strength. Whatever may be our inherited or cultivated tendencies to wrong, we can overcome through the power that He is ready to impart.  
—*The Ministry of Healing* p 175

	Normal			Overweight		Obese			Morbid
BMI	18.5	21	23	25	28	30	33	35	40
Height/ inches	Body weight (pounds)								
58	89	100	110	119	134	143	158	167	192
59	92	104	114	124	138	148	163	173	198
60	95	107	118	128	143	153	168	179	205
61	98	111	122	132	148	158	174	185	212
62	101	115	126	136	153	164	180	191	219
63	105	118	130	141	158	169	186	197	226
64	108	122	134	145	163	174	192	204	233
65	111	126	138	150	168	180	198	210	241
66	115	130	142	155	173	186	204	216	248
67	118	134	146	159	178	191	211	223	256
68	122	138	151	164	184	197	216	230	263
69	125	142	155	169	189	203	223	236	271
70	129	146	160	174	195	209	229	243	279
71	133	150	165	179	200	215	236	250	287
72	137	154	169	184	206	221	242	258	295
73	140	159	174	189	212	227	250	265	303
74	144	163	179	194	218	233	256	272	312
75	149	168	184	200	224	240	264	279	320
76	153	172	189	205	230	246	271	287	329



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# Weight Loss

**How to Lose the Pounds and Stay Healthy**



## The Problem

In today's society overweight and obesity is a growing problem. In 2008, Trinidad was the 20th fattest country in the world, with 67.9% of the population being overweight or obese. Increasingly, overweight and obesity is becoming a problem in children and youth, adding dimensions of negative health that we have not seen before in the youth.

## The Risk

Overweight and obesity make one more susceptible to certain diseases such as: diabetes, heart attack, stroke, high blood pressure, osteoarthritis, sleep apnoea, and certain cancers, to name a few. In addition, research indicates that overweight and obese individuals are more prone to certain psychosocial problems such as depression, anxiety, low self-esteem, and poor school attendance. There is also a social stigma in that obese individuals are often viewed as lacking willpower.

## The Associations

It is unmistakable that the growing epidemic of overweight and obesity has occurred over the same time period as the fast food industry's spread across the globe and the entertainment industry's increasing popularity. There is a direct correlation between the increased consumption of processed foods (which are high in calories but low in nutrients) and the development of overweight and obesity. Similarly, there is a direct correlation between the amount of time one spends in inactive entertainment (TV, movies, video games, etc.) and the development of overweight and obesity.

There are certain genetic and metabolic factors that may influence one's ability to lose weight or maintain weight. However, for the vast majority of people, increasing calorie expenditure (exercise), and decreasing calorie intake (diet) will remedy the problem.

## How Heavy is Too Heavy?

Body mass index (BMI) is a comparison of your weight versus your height. By definition, normal weight is a body mass index (BMI) of 18.5-24.9, overweight is 25-29.9, obese is 30-39.9, and morbidly obese is 40 and above. For an individual who is 5 feet, 5 inches tall, normal weight would be 111-149 pounds, overweight would be 150-180 pounds, and obese would be 181 pounds or above. (Please see the back of this brochure for a BMI table to calculate your BMI)

## What Weight is Ideal?

Ideal body weight can be calculated as follows. Allow 108 pounds for the first 5 feet, and then add 4 pounds for every additional inch. So if you are 5 feet, 5 inches, you would add 108 pounds to (4lb X 5in = 20lb) 20 pounds and end up with 128 pounds. There are some healthy exceptions to this rule. If you are muscular with not much fat, your weight will be higher than your calculated ideal body weight. Also, if you are taller

than 6 feet, 3 inches, you will need to add just a few pounds to your calculated ideal weight.



## What Should I Avoid as I Contemplate Losing Weight?

1. Be careful to avoid those programs that promise rapid weight loss over a short period of time. These weight loss programs cause you to urinate more and thus decrease the water content of your body.
2. Avoid those diets that avoid carbohydrates but promote proteins and fats (like the Atkins Diet). This has proved to cause heart disease and other complications.
3. Avoid starvation diets. During the starvation period the body uses muscle as a food source, and then when you start eating again, the body more readily turns the nutrients into fat. You end up losing muscle and gaining fat.
4. Avoid diets that promote a certain pill or drink, etc.

What you want is a new way to live, not a "medicine" to take for the rest of your life.

5. Avoid artificial sweeteners. Research shows that these increase appetite and that those on artificial sweeteners gain weight!

## How Can I Lose Weight and Stay Healthy?

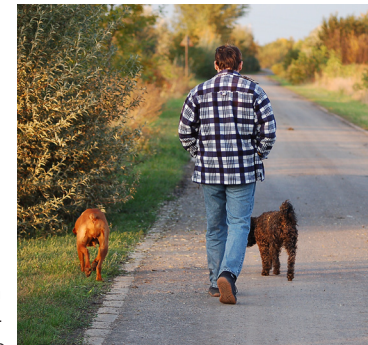
Don't go on a diet, change your lifestyle!

The problem with diets is that they change. You tend to revert to baseline. When you change your lifestyle, however, it becomes the new way you live – a new baseline.

**1. Eat a good breakfast!** A good breakfast helps to set your metabolism. If you skip breakfast, your body starts to conserve energy, not knowing when your next meal will be. However, if you have a good breakfast at a regular time, your body will increase its metabolism and end up burning more calories throughout the day. Breakfast should be large, lunch medium, and supper light (if you have it at all).

**2. No more snacks!** Snacking is a serious source of added calories and carries other health problems along with it. Snacking prevents the stomach from emptying completely. The food becomes putrefied and the stomach becomes overworked. This leads to a number of health problems. If you are hungry between meals, drink water. It will help you feel full without the calories!

**3. Eat unprocessed, unrefined plant foods!** The closer a food is to how it grows; the better it is for you. Fruits, nuts & seeds, whole grains (brown rice, oats, barley, whole wheat), legumes (beans, peas, lentils) and vegetables/provisions are full of nutrients and fiber, but low in calories. The more processed these foods become, however, the more calories they contain. Apple juice has more



calories than an apple. Potato chips have more calories than a baked potato, etc. Avoid chips, crackers, cakes, pastries, sugars, etc. Flesh foods (anything that can fly, swim, or run away from you such as pork, beef, chicken, or fish) are void of fiber and are loaded with calories & fat. Similarly, their by-products (milk, eggs, cheese, butter, etc.) are calorie dense. You would have to eat 1425 grams (about 15 stalks) of celery or 385 grams (about 24 slices) of apples to get 200 calories. But it only takes 1 tablespoon of butter, or 2 strips of fried bacon, or half of a small cheese burger to get the same amount!

## 4. Reduce fat intake!

Every gram of carbohydrate or protein contains 4 calories of energy, but every gram of fat contains 9 calories. Avoid processed fats as much as possible (margarines, oils, ghee, shortening, salad dressings, flesh foods, dairy products, etc.), and use natural fats such as nuts, seeds, avocado, olives, etc. There is no cholesterol in plant foods. Research shows that it is much better to get your fats from natural plant sources than from animal or processed sources. Flax seed (linseed) is an excellent source of omega fatty acids. Use a non-stick spray in a non-stick skillet with water and seasonings to sauté your foods. Only animal foods contain cholesterol.

**5. Drink more water!** Water satisfies hunger, but doesn't give you any added calories. You need to drink daily 1 ounce of water for every 2 pounds that you weigh. Avoid juices, soft drinks, milk, etc. as they will give you added calories.

**6. Exercise daily!** Exercise is of vital importance for healthy weight loss. Muscle burns energy quicker than fat, so if you increase your muscle mass you will burn more calories automatically. Exercise helps your

muscle mass to increase, improves lung function, gets your heart in shape, and improves your mood. International guidelines recommend 30 minutes daily of moderate intensity (which means that you can talk while you are exercising, but cannot sing) cardiovascular exercise, and at least 2 days weekly of muscle strengthening exercises. It is best to get outside in the fresh air and sunshine to exercise.

**7. Avoid harmful substances!** Stay away from alcohol, tobacco, caffeine, diet pills, and other harmful substances. These break down the power of the will and make it much harder to keep up your new lifestyle. If you have a problem with one of these substances, why not give it up at the same time you start your

