



Obesity & Weight Management

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What is obesity?

People who are obese have more body fat than is healthy for their age, sex and height. Due to changes in society, obesity has become a growing problem in Canada and worldwide.



Why is it significant?

Being obese puts you at greater risk of type 2 diabetes, high blood pressure, heart disease, stroke, osteoarthritis and certain types of cancer (colon and prostate in men, uterine and gallbladder in women). But with determination and support, you can make the necessary lifestyle changes to lower these risks and achieve the long, healthy life you deserve.

What else should I be aware of?

Don't get discouraged if you don't experience immediate weight loss despite exercising. The new muscle mass you're gaining from physical activity may be offsetting the fat you're burning. After a few months, this should stabilize and your weight should drop. In certain circumstances, medication and sometimes even surgical procedures may be appropriate to help lose weight when diet, exercise and behaviour modification have been unsuccessful.

What can I do?

- ✓ Create a weight-management plan with your doctor. Put the emphasis on health, not on looks or pounds shed.



- ✓ Don't adopt a fad diet. These almost never work. Instead, eat a nutritious, low-calorie diet based on Canada's Food Guide or the recommendations of a qualified dietician.
- ✓ Keep track of your daily intake of calories on www.makinghealthhappen.com.
- ✓ Engage in 30-60 minutes of physical activity daily. See how many calories you're burning using the calorie-burning chart on www.makinghealthhappen.com.

- ✓ Seek the support of friends and family or "buddy up" with someone else also trying to achieve a healthy body weight.
- ✓ Contact the Canadian Obesity Network at www.obesitynetwork.ca or 780-735-6764.
- ✓ Learn more about weight management and emotional eating by going to www.makinghealthhappen.com.



Go to MakingHealthHappen.com and enter **center1038** in the search box to learn more about Obesity and Weight Management.