



Start Your Healthy Lifestyle

Healthy Weight = Healthy Lifestyle

What do you think when you hear the word *die*? Well many probably hear the word *die*. You should think of it as changing your attitude into a healthy behavior. This is a lifestyle change!

To achieve your goal in maintaining or losing weight is about dieting; it's about your lifestyle. This healthy behavior includes nutritional eating, regular physical activity, and calorie intake versus calorie outtake.

The first item on your list is to determine if you are at a healthy weight. You can do this by checking your Body Mass Index (BMI). This is calculated based on your

height and weight. Or you can check your waist circumference. Check out Center of Disease Control's website for more information!

The second item on your list should be calorie balancing. Depending on what you want to do with your weight, the calorie intake and outtake will be different.



Once you get to where you want to be, the next step is to prevent weight gain. There are three main areas

that will help you do this. First, you need to choose a healthy eating plan. You will want to pick healthy, nutritional foods. Second, you want to get moving! Regular physical activity is key in this step. And finally, self-monitoring. Tracking what you do daily will help you in prevention. You will see where your weaknesses are, and you will learn from it.

So don't die from dieting. Take that step towards a healthier weight because it will become your lifestyle!

For more information, please go to <http://www.cdc.gov/healthyweight/index.html>.

Your body is the baggage you must carry through life. The more excess the baggage, the shorter the trip.
~Arnold H. Glasgow



Health Effects of Overweight and Obesity:

- Coronary heart disease
- Type 2 diabetes
- Cancers (endometrial, breast, and colon)
- Hypertension (high blood pressure)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Stroke
- Liver and Gallbladder disease
- Sleep apnea and respiratory problems
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- Gynecological problems (abnormal menses, infertility)

<http://www.cdc.gov/healthyweight/effects/index.html>

Watch Your Diet

Follow a healthy and realistic eating pattern.

Stick with your positive eating habits that you have developed in maintaining a healthy weight.

Keep your eating patterns consistent. Don't change your eating patterns because your routine has

changed. Plan ahead for weekends and vacations.

The more prepared you are, the more healthy you will be.



Eat breakfast every day.

Breakfast is the most important meal of the day. This avoids getting "over-hungry" and over eating later on in the day.

http://www.cdc.gov/healthyweight/losing_weight/keepingitoff.html

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Tip of the Day

Make a dip for fruits or vegetables from yogurt and try making fruit-yogurt smoothies in the blender.

www.mypyramid.gov/

We're on the Web!
www.iowachiroclinic.com



"Don't step on it... it makes you cry."

More die in the United States of too much food than too little.

~John Kenneth Galbraith

Childhood Obesity

Childhood obesity has become a major problem in the United States. This preventing disease can cause numerous health problems for your child; heart disease, asthma, Type 2 diabetes, etc. Along with these health problems, you are risking your child of psychosocial risks. Your child could be discriminated which can affect their self-esteem, and can lead to poor academics and social skills.

There are many things you can do to help prevent these tragic problems from happening. First, you can help them develop healthy eating habits. Remember, children are very observant so they may be following in your footsteps. This is a great opportunity to develop healthy habits together.

Encourage your children to make those healthy choices. Then look to make their favorite dishes healthier. There are numerous recipes on how to add fruits and vegetables to your favorite meals at FruitsandVeggiesMatter.gov. Then, try to remove calorie-rich temptations. You may use these high calorie food items rarely, so they really are treats. Instead, try a medium-sized apple or a cup of grapes for a snack that is only 100 calories.

Not only do we need to watch what they put in their mouths, but we need to watch how they are burning those calories. We need to help children stay active. Too many children can be found in front of the television or the computer for hours. Many health

benefits come from staying active. It strengthens bones, decreases blood pressure, increases self-esteem, etc.



A good way to encourage all of these acts to your children is if you participate as well. Children need a positive role model to look up to, and who is better for that than their own parents or guardian.

<http://www.cdc.gov/healthyweight/children/index.html>