Weight loss must be slow and incremental  Posted by Bonnie J. Brehm July 30, 2008 02:39AM
Categories: Impact, Netwellness

G. I am 17 years old and overweight. I am 5 feet 3 inches tall and weigh 168 pounds. I used to weigh 125 pounds a couple of years ago. What is the best advice you could give me to lose all that weight again before going back to school in August? It's my senior year, and I want to look and feel better for it.

A. Weight gain cannot be reversed quickly. Just as it took years for you to reach your current weight, it will take time to lose weight. A healthy goal is to lose about 1 pound per week. Weight loss requires an adjustment in daily activity and diet habits. You can lose weight by increasing your physical activity and decreasing your caloric intake.

Exercising for Weight Loss

Physical activity is key to burning calories and increasing muscle mass (which increases your basal metabolic rate). So you will benefit by increasing your level of activity. Try to engage in some type of activity every day for 30 to 60 minutes. Walking, running, swimming, and biking are beneficial for improving cardiovascular health. In addition, lifting weights two to three times per week for 15 to 20 minutes can help to build muscle mass which will burn calories over time.

Do not try to make huge changes in your diet. Small changes in the types and amount of foods and beverages can lead to a healthier, lower-calorie diet. Your diet should include a variety of healthy foods such as whole grains, fruits, vegetables, low-fat milk and cheese, and lean meat, poultry and fish. Also, don’t skip meals. If you eat four or five small meals or snacks per day, your blood sugar and appetite will be better controlled.

Keeping a food journal and writing down everything that you eat and drink can help you to stay on your diet plan. You can also enter your food and beverages into the MyPyramid Tracker to determine how many calories and nutrients you are consuming every day.

If you need more help with your diet, visit a registered dietitian who can tailor a diet to your individual needs and preferences.

Tags: Bonnie J. Brehm, University of Cincinnati

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A pound a week is VERY conservative. If you want to lose weight, it's EXTREMELY simple.

1. Eat / Drink less calories than you burn.

2. Cardio. More Cardio. Even more cardio. (Work up to a minimum of one hour a day of intense cardio - you're 17 you can handle it)

The other suggestions on diet are good, but this is how it is accomplished.

Good luck - you will get out what you put in....

The question shouldn't be How do I lose weight?, but What changes should I make to my lifestyle to be more healthy and energetic?

1. eat plenty of veggies of all colors (in this category, the U of M food pyramid has no limit on the number of servings!).

2. get enough high quality, low fat protein (chicken, lean beef, beans, fish)

3. exercise enough to get your heart pounding every day. A 15-20 minute jog is fine, or go lower intensity for a longer time.

You won't go hungry, you'll stop craving fats, you'll feel great, the pounds will drop, and you'll avoid doctors and drugs!

You should also check out peertrainer.com. It's a great site that lets you log every day and be accountable for your dietary decisions. Find a friend who will be a regular logger and set up a group!

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