



HEALTHY WEIGHT LOSS

Every January, millions of people resolve to lose weight, and you might be one of them. So, let's begin the year with a wellness training session to help you lose weight the healthy way. The following is an overview of weight loss strategies from the Weight-control Information Network (WIN – www.win.niddk.nih.gov):

UNHEALTHY: *Fad diets* don't work for permanent weight loss because:

1. They're so strict people don't stay on them.
2. They may not provide proper nutrients.
3. Losing more than 3 pounds a week can increase risk of gallstones.
4. Eating less than 800 calories a day can disrupt heart rhythms.

HEALTHY: WIN recommends:

- Losing ½ to 2 pounds a week
- Eating moderate portions of a variety of foods
- Building activity into your life

UNHEALTHY: *High protein/low carb diets* can be dangerous because:

1. Eating mostly meat, eggs, and cheese may give you too much fat and cholesterol, which can raise heart disease risk.
2. Eating too few fruits, vegetables, and whole grains may lead to constipation.
3. Eating fewer than 130 grams of carbs a day can lead to the buildup of ketones (partially broken-down fats) in your blood, which can lead to gout and kidney stones.

HEALTHY: WIN recommends following a reduced-calorie eating plan with recommended amounts of carbohydrate, protein, and fat in a wide variety of foods.

UNHEALTHY: *Limiting starches*, such as bread, rice, pasta, and potatoes, to lose weight is not necessary.

HEALTHY: WIN says that these foods are generally low in fat and calories and only become unhealthy when eaten in large portions or when slathered with high-fat toppings, such as butter and sour cream. High-starch foods are an important energy source.

UNHEALTHY: *Eating certain foods*, such as cabbage soup, celery, and grapefruit, won't help you burn calories.

HEALTHY: WIN says they may temporarily speed up metabolism, but the healthy way to lose weight is to decrease calories and increase activity.

UNHEALTHY: Using *natural or herbal weight-loss products* can be unsafe because they are not tested.

HEALTHY: WIN says check with your doctor before using them.

Why It Matters

- According to the National Health and Nutrition Examination Survey, more than 2/3 of U.S. adults are overweight or obese. That includes more than 64% of women and 72% of men.
- More than 1/3 of U.S. adults are obese. That includes more than 35% of women and more than 32% of men.
- That means that less than 1/3 of U.S. adults are a healthy weight. Approximately 35% of women and 26% of men are a healthy weight.

Weekly Office Safety Bulletin

LAUSD FSD Construction
Week of 02 January 2012



Topic: **HEALTHY WEIGHT LOSS**

TRAINING SIGN IN SHEET

School/Office: _____

Date: _____ Time: _____ No. of Associates Trained: _____ No. Minutes of Training: _____

Presenter: (print & sign) _____

Other Topics Discussed: _____

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