

# Heart Healthy Weight

Take a Heart-Health break!  
Read the latest edition of the  
**m-Health Solutions**  
Newsletter!

Second Edition



## What is a healthy weight?

We live in a fast paced and demanding world. Despite this pace, most people are moving slower. Busy lives are not the same as active ones! Sedentary lifestyles and energy dense diets are key factors in why many people struggle with achieving and maintaining a healthy weight!

Did you know that carrying excess weight can be a risk factor for heart disease, diabetes, high blood pressure and other chronic health conditions? The most successful way to achieve a healthy weight is to empower yourself with the knowledge you need to make the food and physical activity choices that are right for you.

So how do you know if you are at a healthy weight? Check out the BMI (Body Mass Index) scale provided. Although not applicable to everyone, the BMI scale acts as a guide of 'healthy weights for heights' for most adults. \*the BMI scale should not be used by pregnant or lactating women or those under 18.

## Think Outside the Gym!

Becoming more physically active does not always involve purchasing a gym membership! Use these *simple* strategies to improve your fitness level throughout the day:

- Park at the back of the parking lot and walk to the entrance.
- Take the stairs instead of the elevator or get off the elevator a couple of floors earlier and walk up the remaining stairs.
- Walk your dog everyday... even if you don't have one!
- Wash the car by hand.
- Instead of sitting for every meeting take a walk while you talk!
- Do arm curls with soup cans while you are watching TV.

**\*Thinking about getting active? Always consult your physician before starting a new physical activity routine!**

## Overwhelmed when eating out?

Nowadays, families are eating out more and more for many reasons. Unfortunately, the restaurant industry isn't known for overly healthy choices and reasonable portion sizes! Here are some tips that may help you make better choices when eating out.

- Avoid skipping meals or snacks so you won't be over-hungry when you open a menu! When you are really hungry, you are more likely to order (and eat!) more.
- Portions served at restaurants are far bigger than what we would serve at home. Order from the seniors menu, share an item with a friend, or box up half to enjoy later.
- Order water to drink instead of calorie laden pop or alcoholic beverages.
- Pass on the unlimited bread and butter. Although delicious, you may end up eating all your calories before you even get your meal!
- Eating out? Plan a nice long walk either before or after to help you burn some of those excess calories!



- BMI Chart created by Vertex42.com. Used with permission.

