



Wellness Wake-Up

A Project of the Belmont County Community and Family Wellness Coalition
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Attention Parents ↗

Why is it Important to Reach a Healthier Weight?

Reaching and maintaining a healthier weight is important for your overall health and well being. If you are significantly overweight, you have a greater risk of developing many diseases including high blood pressure, Type 2 diabetes, stroke, and some forms of cancer. For obese adults, even losing a few pounds or preventing further weight gain has health benefits.

Reaching a healthier weight is a balancing act. The secret is learning how to balance your “energy in” and “energy out” over the long run.

“Energy in” is the calories from the foods and beverages you have each day. “Energy out” is the calories you burn for basic body functions and

physical activity.

Your weight will stay the same when the calories you eat and drink equal the calories you burn.

You will lose weight when the calories you eat and drink are less than the calories you burn.

You will gain weight when the calories you eat and drink are greater than the calories you burn.

Many people want to lose weight. To lose weight the strategy is simple – eat less and move more. While the strategy is simple, actually losing weight can be very challenging. The most successful weight loss plans involve making small changes and sticking to them.

Adapted from: www.mypyramid.gov

Basic Steps to Help You Move Towards a Healthier Weight -

FOOD GROUPS:

Learn what to eat from each food group. How many portions from each and which are the best choices within each group.

PORTION SIZES:

Focus on how much you eat. Overdoing portion sizes can add on the calories and pounds.

GET MOVING:

Physical activity can help you reach and keep a healthier weight.

NUTRIENT DENSE FOOD:

Choose foods that have more good nutrients – and fewer “empty” calories from added fats and sugars.

KEEP TRACK:

Follow your progress by tracking your food intake and physical activity. Check your weight weekly.

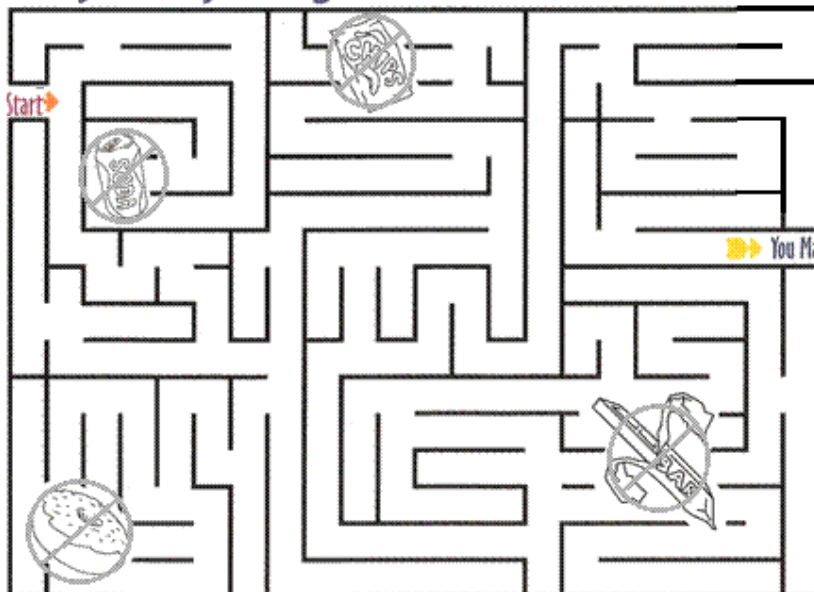
MORE INFO:

For more details about each of these topics, visit www.mypyramid.gov

Attention Kids ↗

Choose Healthy Snacks Maze

Find your way through the Snack Maze



Eat less 'dead end' snacks high in sugar, fat, and calories.

On-line Info



<http://www.myhighschoolmusical3.com/sft/HSM3> has joined the **Eat Better, Do Better Campaign** from the School Food Trust **Check It Out!**

Then turn off the screen for 60 minutes of physical activity.