To lose weight healthfully, you must burn more calories than you consume. This can be done through diet and exercise. Weight loss is a journey, and it's important to make lifestyle changes that you can maintain long-term.

To calculate your Body Mass Index (BMI), use the table below. BMI is calculated using your weight and height. It is a simple and effective way to determine whether your weight is healthy for your height.

**Understanding Weight Loss**

Do you want to achieve health and well-being? You may be able to achieve both with some simple and easy changes to your lifestyle. Weight loss is a journey, and it's important to make lifestyle changes that you can maintain long-term.

Healthy eating and exercise are key to losing weight. Many doctors use a Body Mass Index (BMI) to determine if you should lose weight. A BMI of 18.5-24.9 is considered healthy, while a BMI of 25.0-29.9 is considered overweight.

To lose weight healthfully, you must burn more calories than you consume. This can be done through diet and exercise. Weight loss is a journey, and it's important to make lifestyle changes that you can maintain long-term.

**Shedding Pounds**

Learn how to lose weight healthfully. Even small changes to your diet and lifestyle can make a big difference. A BMI of 18.5-24.9 is considered healthy, while a BMI of 25.0-29.9 is considered overweight.

To lose weight healthfully, you must burn more calories than you consume. This can be done through diet and exercise. Weight loss is a journey, and it's important to make lifestyle changes that you can maintain long-term.
Exercising Your Way To Weight Loss!

What kind of exercise should I be looking to do?
To burn calories your body has stored as fat, you need to do activities that involve aerobic exercise. Aerobic exercise uses large muscle groups rhythmically and continuously so that heart rate and breathing become raised for a long period of time. The best examples of aerobic activity include walking, jogging/running, swimming, stair climbing, bicycling, and dancing. Don’t feel like you are bound to just doing one kind of activity.

How long do I need to exercise to get results?
This really all depends on your goals, schedule, and physical condition. If your goal is body-fat loss and you are appropriately conditioned, then longer is better. The longer you exercise, the more calories you will burn. You should try and exercise at least 10 minutes with each workout, although 40 to 60 minutes may be optimal if you’re trying to lose weight. Recent research also shows that aerobic fitness levels can improve with as little as 10 minutes of activity, as long as exercise is repeated two to three times a day, and done five days a week. If you only have a few breaks in your day, like a coffee break or the end of your lunch break, walking and exercise during these times can allow you to meet your exercise commitment.

How hard am I supposed to workout during exercise?
You should workout at a moderate level of intensity during your exercise time. A moderate level of intensity means that you are working at about 70% of your total effort. The easiest way to see if you are exercising at the right intensity is to take the “Talk Test.” The “Talk Test” says you should be able to talk comfortably while you are exercising. If you are still able to breathe comfortably and talk while exercising at the same time, then you are probably working at an appropriate intensity level.

Remember, adults need at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week.

Fruits, Vegetables, Grains And Dairy
› Try to fill half of your plate with fruits and veggies. Also aim for a wide variety of these food items.
› Choose whole grain bread, pasta, and rice. Look for “whole” before the grain name on the list of ingredients.
› If you consume dairy, choose the low-fat varieties like low-fat cottage cheese or skim milk.

Carbohydrates
› Select fruits and vegetables, and whole grains high in fiber.
› Limit or eliminate processed foods like chips and cookies. They are usually loaded with calories, sugar, and fat, yet provide little nutritional value.

Fats
› Make most of your fat sources from fish, nuts, and vegetable oils.
› Limit solid fats like butter, stick margarine, shortening, and lard.
› Select meat, poultry, dry beans, and milk products low in fat or fat-free.

Salt
› Always try to keep your salt intake to less than 2,300 mg a day—or 1,500 mg if you’re age 51 or older, or if you are black, or if you have high blood pressure, diabetes or chronic kidney disease.
› Select foods with less sodium and eat foods with potassium—like fruits and vegetables.

Alcoholic Beverages
› Drink sensibly and in moderation.
› If you do drink, it’s recommended that women have no more than one drink per day and men no more than two drinks per day.

No matter which weight loss approach you choose, always go slow and always eat healthy, whole foods. Make sure to get daily exercise. And never, ever, ever succumb to the temptation of rapid weight loss in a short period of time.

Exercising Your Way To Weight Loss...
Managing Your Eating Habits
There are healthy diets and unhealthy diets. Fad diets promote dramatic weight-loss results in a short time. They do not offer long-term success and can actually be dangerous to your health. If you are looking for a sensible eating plan to help you with your weight loss, make sure the plan uses a balanced nutritional approach. The following are healthy diet guidelines.