



Get Active to Wear Down Your Waist!

Understandably, losing weight is a popular topic of conversation and a big business in Canada...it is estimated that almost half of adults and more than one third of children in this country are at increased health risk because of their weight. In spite of our interest, the problem is only growing.

Did you know that...?

- There is no such thing as an “ideal” weight. There is a **range** of healthy weights for your height, with upper **and** lower limits (yes, you can be too thin). Check the healthy weight range for your height, by visiting www.hc-sc.gc.ca/hppb/nutrition/bmi/calculatorapplet/index.html.
- It also matters where you store fat. Excess fat on the belly is linked with health problems, like diabetes. Find a tape measure: a man’s waist measurement should be no more than 102 cm (40 inches) and a woman’s waist measurement should be no more than 88 cm (35 inches).
- For people who are overweight, just a small amount of weight loss (10% of your weight) can lead to improved health.
- A recent study by the US government confirmed that popular diets don’t work for people who want to keep weight off over the long term. For more information, visit www.usda.gov/news/releases/2001/01/whitebac.htm.
- Only about one third of Canadians have a healthy level of physical activity everyday. New technology is making us more sedentary even while we work. Fitness is **really** important – being fit, but overweight, is healthier than being slim, but out of shape.

Take Action!

- If you think it’s time to lose weight, consult your health care team. Together, set appropriate life-style and weight loss goals.
- Adopting a healthier lifestyle is a challenge – but inspiration is out there! Visit www.wpic.pitt.edu/nwcr to find success stories about people who have lost at least 30 pounds, and kept it off for at least a year.
- Physical activity doesn’t have to hurt. Find a copy of Canada’s Physical Activity Guide to Healthy Active Living and answers to some common questions, by visiting www.hc-sc.gc.ca/hppb/paguide/index.html.
- Questions about nutrition? Consult with a dietitian – to find a dietitian, visit the Dietitians of Canada Web site, at www.dietitians.ca/english/frames.html. While there, do a quick assessment of your eating habits with *Your Nutrition Profile*.

