



WEIGHT MANAGEMENT: DEFINITION

- A set of practices and behaviors that are necessary to keep one's weight at a healthful level.
- It reflects a change in thinking about treatment of obesity and overweight.

Why Weight is Important to Us



Health and overall well-being
Disease prevention
Competitive sports/ training
Looks
Self-esteem



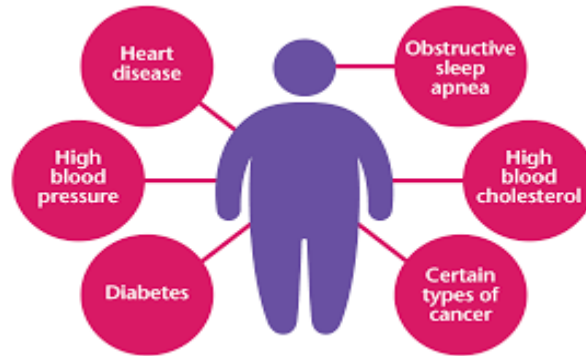
Weight management refers to a set of practices and behaviors that are necessary to keep one's weight at a healthful level. It is preferred to the term "dieting," because it involves more than regulation of food intake or treatment of overweight people. People diagnosed with [eating disorders](#) who are not obese or overweight still need to practice weight management. Some health care professionals use the term "[nutritional disorders](#)" to cover all disorders related to weight.

The term "weight management" also reflects a change in thinking about treatment of obesity and overweight during the past 20 years. Before 1980, treatment of overweight people focused on weight loss, with the goal of helping the patient reach an "ideal weight" as defined by standard life insurance height-weight charts. In recent years, however, researchers have discovered that most of the negative health consequences of obesity are improved or controlled by a relatively modest weight loss, perhaps as little as 10% of the patient's body weight. It is not necessary for the person to reach the "ideal" weight to benefit from weight management. Some nutritionists refer to this treatment goal as the goal as the "10% solution." Secondly, the fact that most obese people who lose large amounts of weight from reduced-calorie diets regain it within five years has led nutrition experts to emphasize weight management rather than weight loss as an appropriate outcome of treatment.

Overweight and obese

Overweight and obese are not the same thing. People who are overweight weigh more than they should compared with set standards for their height. The

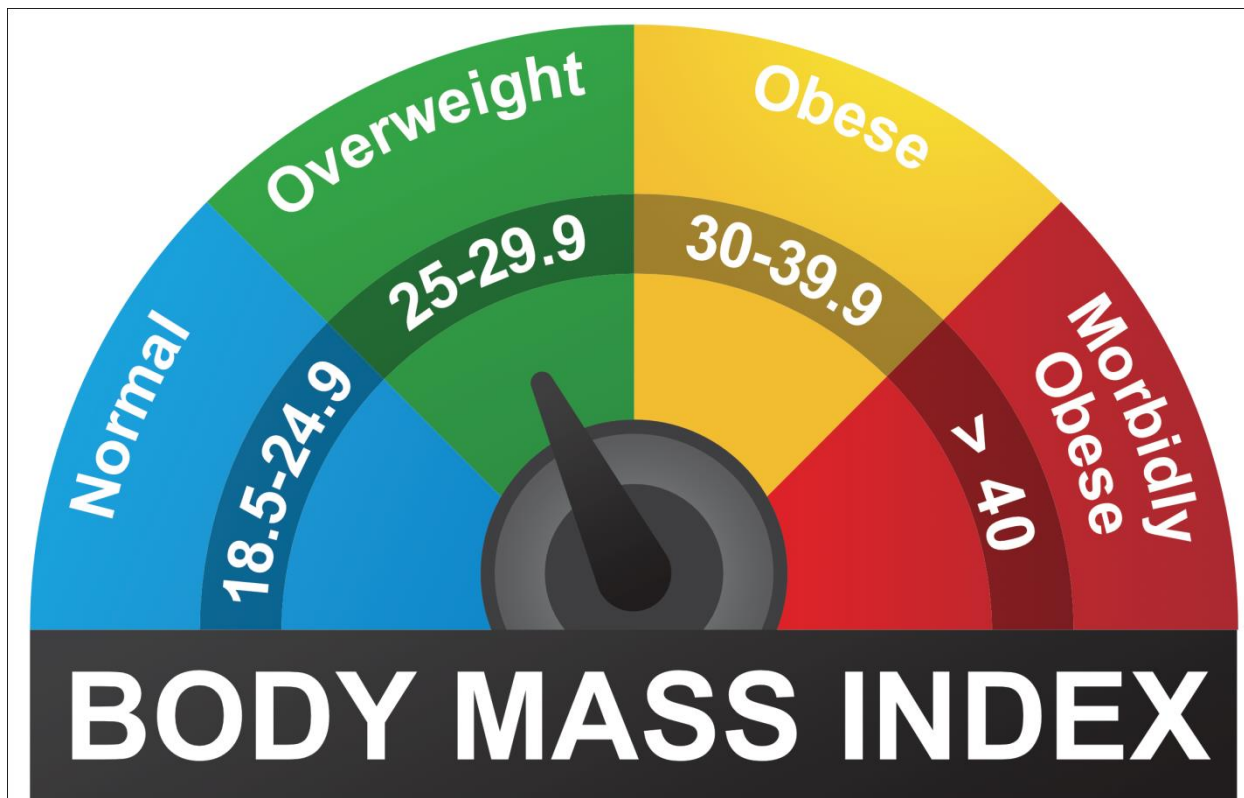
excess weight may come from muscle tissue, body water, or bone, as well as from fat. A person who is obese has too much fat in comparison to other types of body tissue; hence, it is possible to be overweight without being obese.



There are several ways to determine whether someone is obese.

A more accurate measurement of obesity is body mass index, or BMI.

The BMI is an indirect measurement of the amount of body fat.



Eating disorders

Eating disorders are a group of psychiatric disturbances defined by unhealthy eating or weight management practices. **Anorexia nervosa** is an eating disorder in which persons restrict their food intake severely, refuse to maintain a normal body weight, and express intense fear of becoming obese. **Bulimia nervosa** is a disorder marked by episodes of binge eating followed by attempts to avoid weight gain from the food by abusing laxatives , forcing vomiting, or overexercising. A third type, binge eating disorder, is found in some obese people, as well as in people of normal weight. In binge eating disorder, the person has an eating binge but does not try to get rid of the food after eating it. Although most patients diagnosed with anorexia or bulimia are women, 40% of patients with binge eating disorder are men.

Purpose

The purpose of weight management is to help each patient achieve and stay at the best weight possible the context of overall health, occupation, and living situation. A second purpose is the prevention and treatment of diseases and disorders associated with obesity or with eating disorders. These disorders include depression and other psychiatric disturbances, in addition to the physical problems associated with nutritional disorders.

Aspects Of Weight Management

Since the late 1980s, nutritionists and health care professionals had come to recognize that successful weight management programs have three characteristics, as follows:

- They present weight management as a lifetime commitment to healthful patterns of eating and exercise , rather than emphasize strict dieting alternating with carelessness about eating habits.
- They are tailored to each person's age, general health, living situation, and other individual characteristics.

- They recognize that the emotional, psychological, and spiritual facet of human life are as important to maintaining a healthy lifestyle as the medical and nutritional facets.

Nutrition

The nutritional aspect of weight management programs includes education about healthful eating, as well as modifying the person's food intake.



Maintaining a healthy weight is important for health. In addition to lowering the risk of heart disease, stroke, diabetes, and high blood pressure, it can also lower the risk of many different cancers.

7 Principles of Healthy Weight Management

- **Balance.** Critics of popular diets frequently claim that such diets encourage unbalanced eating by declaring certain foods and even whole food groups off-limits. ...
- **Nutrient Timing.** ...
- **Self-Monitoring.** ...
- **Selective Restrictions.** ...
- **Low Caloric Density.** ...
- **Consistency.** ...

- **Motivation.**

Tips to keep a healthy weight

- 1. Exercise often: Studies prove that people with high activity levels are more likely to maintain their weight loss than others who are not as active. ...**
- 2. Eat a healthy breakfast daily. ...**
- 3. Stay hydrated. ...**
- 4. Eat whole foods. ...**
- 5. Eat responsibly and mindfully. ...**
- 6. Plan your meals ahead of time.**

