

# weight management

## be fit for life

Get the tools you need to reach a healthy weight — for good



## HOW EXTRA WEIGHT AFFECTS YOUR HEALTH

Being overweight or obese takes a toll on your body and your health. Here are just a few of the health risks posed by carrying around that extra weight:

- Heart disease
- Cancer
- Type 2 diabetes
- Arthritis
- Stroke

### How do you shape up?

Body mass index (BMI) can help determine whether your health is at risk because of extra pounds. BMI is an approximate measure of body fat based on height and weight. A BMI of 25 to 29.9 is considered overweight, and 30 or more is considered obese.

An additional way to tell if extra pounds put you in peril is to measure your waist. The fat you carry here may increase your health risks more than fat elsewhere on the body. Men should aim for a waist size smaller than 40 inches; women should try for less than 35 inches.

### Numbers not ideal?

Losing just 5 to 10% of your body weight may lower your risk for health problems. Along with help from your doctor, you can use the practical tips in this guide to begin your journey to a healthy weight for life. For more help, Rite Aid pharmacists are always available.

**Calculate your BMI using the chart at right. Find your height and move across the row to find your weight. The number at the bottom of the column is your BMI. This is only a sample of BMI measurements. If you don't see your height and/or weight listed, you can find a complete chart at [www.riteaid.com/weight](http://www.riteaid.com/weight).**

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BODY MASS INDEX CHART												
HEIGHT	BODY WEIGHT (pounds)											
	4'10"	100	105	110	115	119	124	129	134	138	143	148
	5'0"	107	112	118	123	128	133	138	143	148	153	158
	5'1"	111	116	122	127	132	137	143	148	153	158	164
	5'3"	118	124	130	135	141	146	152	158	163	169	175
	5'5"	126	132	138	144	150	156	162	168	174	180	186
	5'7"	134	140	146	153	159	166	172	178	185	191	198
	5'9"	142	149	155	162	169	176	182	189	196	203	209
	5'11"	150	157	165	172	179	186	193	200	208	215	222
	6'1"	159	166	174	182	189	197	204	212	219	227	235
6'3"	168	176	184	192	200	208	216	224	232	240	248	
	21	22	23	24	25	26	27	28	29	30	31	

normal weight
  overweight
  obese



## HELP KIDS BUILD HEALTHY HABITS

Being overweight or obese isn't just an adult concern. Excess weight can also be a serious problem for kids — putting them at risk for some very grown-up health problems, such as type 2 diabetes, high cholesterol, and high blood pressure.

They're also much more likely to develop serious health problems, like heart disease, down the road. If you're worried about your child's weight, consider changing your ways — as a family.

### Set the table for better health

Serve up these changes to benefit the whole family:

- Offer healthier foods, like fruits and veggies, and pay attention to portion sizes to prevent overeating.
- Make breakfast a family meal. Children who skip are more likely to pick less healthy choices later in the day.
- Stock up on healthy snacks, such as raisins and peanut butter on whole-wheat crackers, and keep them handy. Store less-healthy treats in the pantry.

### Get them moving

Children need at least 60 minutes of physical activity each day. Although the couch seems to have magnetic powers, your family can resist the pull. Make your time together more active:

- Walk your child to school, if possible.
- Dribble a ball together when the homework is done.
- Take a walk to the park after dinner.

**Get a list of healthy snacks for kids at [www.riteaid.com/weight](http://www.riteaid.com/weight). Click on "Learn more about nutrition."**

## SMALL CHANGES ADD UP

The best way to lose weight and keep it off is to make small changes in your diet and physical activity level — and make them each day. Consider these changes to help you reach your weight-loss goal.



**Eat breakfast.** Start the day with a healthy breakfast, such as whole-grain cereal with fresh fruit and low-fat or nonfat milk. This can keep you from overeating later.



**Keep a food diary.** Recording what, how much, and when you eat gives you clues about your eating habits and can help you break the bad ones.



**Turn off the tube.** You don't burn many calories sitting on a couch. And for many people, TV time means snack time — a combination that leads to extra pounds.



**Weigh yourself often.** Step on the scale at least once a week. If you see the needle creeping up, you know it's time to make a little extra effort.



**Cut calories.** Consume fewer calories by eating smaller portions, skipping seconds, and putting half of your restaurant meal in a to-go bag.



**Become more active.** Physical activity helps you burn calories and get fit. Sneak activity into your day: Park farther from your destination and do household chores during commercials.

## CALORIES COUNT

Low-fat, low-carb, and more — diet fads come and go. One thing remains the same: Consume fewer calories, and the pounds will drop away.

Whether they're from carbohydrate, fat, protein, or sugar, calories are still calories. Burn more than you take in and you'll lose weight. Once you reach your goal, keeping calories balanced will maintain your healthy shape. Try these tips:

**Get a good start.** Fill up on whole fruit, salad, or broth-based soup as your first course. The water and fiber in these foods fill you up on fewer calories.

**Make smart swaps.** One example: Replace half the cheese in your sandwich with lettuce and tomato. You'll feel satisfied with fewer calories and also get more healthy nutrients.

**Don't be fooled.** Avoid processed or snack foods labeled "low-fat." They're often high in calories and lack unsaturated "good" fats that satisfy your stomach. Instead, look for foods labeled "low-calorie." To make this claim, the food must meet the government standard of 40 calories or less per serving.

**Mind your portions.** Too much of even the healthiest food can still cause calorie overload.

**Don't go too low.** To stay healthy, most women should have at least 1,200 calories every day, while most men need at least 1,500.

**Ask your doctor and Rite Aid pharmacist how many daily calories are right for you.**

## RETHINK YOUR DRINK

A sugary soda can contain about 280 calories, while a fat- and sugar-laden coffee drink can account for a whopping 400 calories. To make healthier beverage choices:

- Drink more water. The National Institutes of Health recommends drinking six to eight 8-ounce glasses of water each day.
- Drink a glass or two of milk each day. New research suggests that consuming dairy calcium and vitamin D can help you lose weight.
- Use skim milk in your coffee drinks.
- Skip the sugar and flavored syrups in tea and coffee or use artificial sweetener.
- Choose calorie-free diet sodas.



## GET THE NUTRIENTS YOU NEED

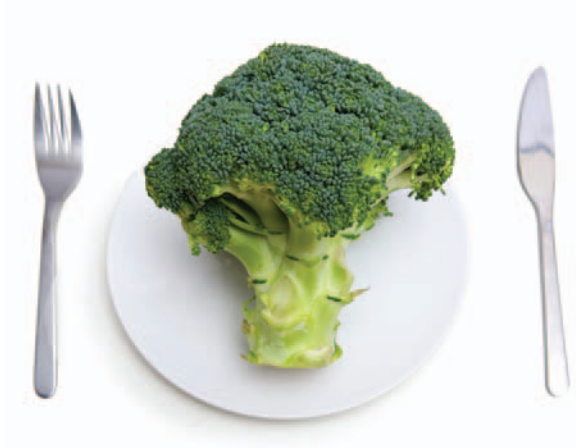
### Going veggie

A carefully planned vegetarian or vegan diet can help you stay healthy. But it's important to talk with your doctor or dietitian to be sure you're getting the nutrients you need, such as:

**Protein:** Pump up your protein intake with beans, nuts, nut butters, peas, and soy foods such as tofu, soy milk, and tempeh.

**Iron:** To avoid iron deficiency, stock up on iron-rich foods like spinach, kidney beans, black-eyed peas, lentils, and dried fruits.

**Calcium:** Protect your bones with calcium-fortified orange juice and breakfast cereals, bok choy, collard and turnip greens, and soy foods.



### The lowdown on low-carb

Diets that restrict certain types of food usually lack important nutrients. Low-carb diets, for example, limit carbohydrates that give your body fuel for energy. Eating too many carbs, however, can up your calorie intake and make you gain weight. The key is to choose your carbs wisely. To get important vitamins, minerals, and fiber, aim for complex carbohydrates (starches) and natural sugars found in:

- Fruits and veggies
- Whole-grain rice, breads, and cereals
- Beans, lentils, and dried peas

Avoid the carbs in processed and refined sugars such as candy, nondiet soda, and table sugar. These empty calories have little to no nutritional value.

**Ask your doctor and Rite Aid pharmacist if you should consider dietary supplements.**

## SPOT THE PERFECT PORTION

Paying attention to how much you're eating can help you lose weight and keep your meals in balance. Use this guide to help you recognize the right portion size.



## HOW SWEET IT IS

Are artificial sweeteners a good substitute for sugar? Non- or low-calorie sweeteners may offer the sweetness of sugar with fewer calories, but it's still important to consume them sensibly. They are many times sweeter than table sugar, so you can get the same sweetness in smaller amounts.

A handful of artificial sweeteners are approved as safe to eat by the U.S. Food and Drug Administration. You may know some by their colorful packets:

- Blue: Aspartame, brand names NutraSweet and Equal
- Pink: Saccharin, brand name Sweet'N Low
- Yellow: Sucralose, brand name Splenda

Other sweeteners include acesulfame K, sold under the brand names Sunett and SweetOne, and neotame.

Remember that a product labeled "sugar-free" can still be high in fat and calories.

### SERVING SIZE

### WHAT IT LOOKS LIKE



**1/2 cup of cereal**  
IS THE SIZE OF  
a fist



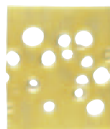
**3 ounces of meat**  
IS THE SIZE OF  
a deck of cards



**1 medium fruit**  
IS THE SIZE OF  
a baseball



**2 tbsp. of peanut butter**  
IS THE SIZE OF  
a Ping-Pong ball



**1.5 ounces of  
low-fat cheese**  
IS THE SIZE OF  
four dice





## GO FOR THE BURN

If you want to lose weight, you need to burn more calories than you consume each day. To lose 1 pound a week, you have to cut your daily calories by about 500. You can do this by eating less or exercising more — or better yet, doing both.

Here are some activities that can help you go for the burn. To calculate the calories you would burn in an hour, find an activity and check the column closest to your weight.

	130 lbs	155 lbs	190 lbs
Bicycling, 10 mph, light effort	354	422	518
Dancing	266	317	388
Gardening	295	352	431
Basketball, shooting baskets	266	317	388
Running, 12 minutes per mile	472	563	690
Soccer, casual	413	493	604
Swimming laps, light effort	472	563	690
Doubles tennis	354	422	518
Walking dog, moderate pace	207	246	302
Yoga	236	281	345



# THREE STEPS TO A WORKOUT THAT WORKS

There's no shortage of reasons why you should exercise. Being active can contribute to a lower risk for heart disease, stroke, and diabetes; less stress; a better night's sleep; and improved mood.

Here's a three-step plan to help you get started.

## 1. Know your needs

These activities are the foundation of fitness for any healthy adult ages 18 to 65\*:

**Aerobic exercise**, such as brisk walking or doubles tennis, raises your heart rate and breathing. The CDC calls for 30 minutes a day or more, at least five days a week (for a total of 150 minutes and up).

**Strength training**, such as lifting weights or doing yoga, increases muscle capacity. You should exercise your major muscle groups at least twice a week.

To reap the health benefits tied to exercise and stay at your current weight, the guidelines above will work fine. If you want to lose weight, you'll probably have to ramp up your aerobic exercise to 60 minutes most days and emphasize strength training.

## 2. Tackle the time issue

This may sound like a big time commitment, but you can still reach your daily goal by breaking exercise up into three 10-minute segments throughout the day.

## 3. Find something fun

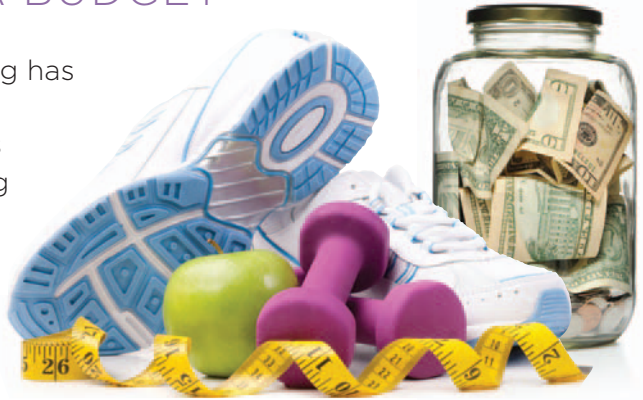
You're more likely to stay active if you find activities you enjoy. If you're a social person, consider team sports. If you enjoy quiet and solitude, try an individual pursuit like swimming.

\*We recommend you visit your health care provider before starting any weight-loss or exercise program.

## EXERCISE ON A BUDGET

These days, belt-tightening has nothing to do with losing weight. Budget-conscious Americans are scrutinizing every expense, including those linked with exercise. But the proven benefits of exercise don't fluctuate with the Dow.

Here's how you can keep exercising without breaking the bank.



### Low-cost cardio: Walking \$ vs. Treadmill \$\$\$

This popular physical activity is also the most economical. Walking requires no trendy equipment, expensive training, or special setting. Plus, walking a nature trail, the beach, or city streets can be a lot more interesting than the view from a treadmill. In bad weather, try walking laps at the local mall.

### Low-cost resistance: Exercises that use your body's weight \$ vs. Free weights \$\$\$

Free weights aren't really free, but calisthenics don't cost a cent and can provide a comparable muscle-building workout. Push-ups use roughly the same muscles as a bench press. Dips are a good workout for the triceps. Squats and toe raises work the legs. And crunches make the abdominal muscles stronger.

### Other cost-saving substitutions:

\$\$\$

**Stair-climber**

**Dumbbells**

**Group exercise class**

**Weight-resistance machines**

\$

**Climbing stairs**

**Homemade weights**

**Exercise videos**

**Exercise bands**

# TIP THE SCALE IN YOUR FAVOR WITH THE RITE WEIGHT PLAN FROM RITE AID

You can lose up to 10% of your weight in just 10 weeks for FREE with our proven online Rite Weight Plan, created by the medical experts at Lindora® exclusively for Rite Aid.

*"I was so sick and tired of always thinking about my weight. I thought the Rite Weight Plan might help jump-start my enthusiasm, and it did! I can't tell you how great it feels to set a goal and then achieve it!"*

**- Marie, Alexandria, Virginia**

## Choose to lose with the Rite Weight Plan and you'll get:

- Daily e-mails that support you through each step of the program
- Live online seminars with a Lindora medical expert
- Weekly audio messages from Lindora weight-loss experts
- A Lindora Lifestyle Assessment to measure your risk for health problems
- The Rite Weight Tracker that helps you track your daily weight and offers a personalized chart to reflect your progress
- Sample menus and food recommendations



Ready to lose?

Visit **[www.riteaid.com/riteweightplan](http://www.riteaid.com/riteweightplan)** to get started today!

We recommend you visit your health care provider before starting any weight-loss or exercise program.

