

Weight Management

Maintain a Healthy Weight for Optimal Health

Maintaining a healthy weight is crucial for reducing the risk of chronic conditions like heart disease, diabetes, and hypertension. It ensures that your body functions efficiently, supports higher energy levels, and lowers the likelihood of serious health issues. Being overweight can lead to increased strain on your heart and joints, higher blood pressure, and elevated cholesterol and blood sugar levels, often worsening these conditions over time. Managing your weight promotes long-term health, enhances quality of life, and improves overall well-being.

The Weight Management Process

Weight management involves balancing the number of calories consumed with the number of calories expended to achieve and maintain a healthy weight. Depending on individual needs, goals may include weight loss, weight gain, or maintaining current weight. Actionable tips on how to manage your weight are found below.

Your Incentives

Understanding the deeper motivations behind your goal to lose, gain, or maintain weight is crucial for long-term success. Weight management is a lifelong journey and having a clear sense of purpose can help you stay committed. Your reasons might include boosting your energy levels, reducing healthcare costs, living a longer, healthier life, or enjoying more active and meaningful moments with loved ones—whether playing with your children, keeping up with grandchildren, or simply feeling your best every day. By connecting to your motivators, you'll create a strong foundation for lasting health and wellness.

Tips for Success

- **Healthy Eating**
 - **Balanced Diet:** Include a variety of foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats
 - **Portion Control:** Be mindful of portion sizes to avoid overeating
 - **Plan Meals:** Prepare healthy meals in advance to avoid last-minute unhealthy choices
 - **Avoid Skipping Meals:** Eating regular meals helps control hunger and prevent overeating later
 - **Hydration:** Drink plenty of water throughout the day
 - **Mindful Eating:** Pay attention to hunger cues. Take a moment to pause before meals—whether through prayer or simple reflection on the food you are about to enjoy. Avoid distractions like eating in front of screens, allowing yourself eat slowly and to fully focus on the experience and appreciate the food you're consuming
 - **Actionable Tip:** Set aside 10 minutes each Sunday to plan your meals for the week. Create a shopping list of healthy ingredients that align with your balanced diet goals, ensuring that you have nutritious options readily available. This will help reduce the temptation of unhealthy last-minute choices and support consistent, mindful eating throughout the week



- **Resources:** [Healthy on campus dining options, Farm Fresh to you, healthy recipes through Health Advocate](#)
- **Physical Activity**
 - Exercise Routine: Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week, plus muscle-strengthening exercises on two or more days a week
 - Daily Movement: Incorporate physical activity, like taking the stairs or walking during your lunch break, into a daily routine
 - **Actionable Tip:** Schedule workouts in your calendar to make them a nonnegotiable part of your week
 - **Resources:** [Free group fitness classes and state-of-the-art facilities, including tennis and pickleball courts, lap pool, track, and a fully equipped fitness center](#)
- **Healthy Sleep**
 - Get Enough Sleep: Aim for seven to nine hours of sleep per night, as poor sleep can impact hunger, digestion, and weight management
 - **Actionable Tip:** Create a bedtime routine, such as dimming lights or reading, to signal your body it's time to rest
 - **Resources:** Calm for Kaiser members
- **Manage Stress**
 - Stress Relievers: Practice stress-reducing techniques like meditation, deep breathing, or yoga
 - **Actionable Tip:** Dedicate five minutes daily to deep breathing or mindfulness exercises
 - **Resources:** [Employee Assistance Program \(EAP\) through Health Advocate](#), HR-led guided meditation and mindfulness workshops, HR-led group yoga sessions
- **Track Progress**
 - A Motivating Logbook: Focus on tracking your efforts, such as the number of walks you take, rather than solely on weight loss, as visible results may take time to appear. This allows you to celebrate your consistent progress and stay motivated on your journey
 - **Actionable Tip:** Break larger goals into smaller, achievable milestones. For instance, instead of saying, "I will exercise more," set a specific target like, "I will walk for 20 minutes three times a week." Celebrate each milestone you achieve to maintain motivation and momentum
 - **Resources:** [Productivity Habit Tracking Sheet](#)
- **Goal Setting**
 - Realistic Objectives: Establish achievable short-term and long-term goals
 - **Actionable Tip:** Create a SMART goal for yourself
 - **Resources:** [Goal Setting Quick Guide](#)
- **Seek Support**
 - Engage with a support system, whether it's friends, family, or a professional.
 - **Actionable Tip:** Have a designated group or friend to keep you accountable.
 - **Resources:** [Employee Assistance Program Counseling sessions through Health Advocate](#)