INTRODUCTION
Take a minute to think about your weight, health, and lifestyle. Are you as fit and healthy as you would like to be? Do you think you might be carrying a little too much weight or body fat?

You can get on track with regular physical activity and healthy eating habits. By making small changes to your lifestyle, you may become leaner and more energetic.

Keep reading for tips on how to get on track with healthy habits—chances are, you will find that it is not as hard as you thought.
**WHAT IS A HEALTHY WEIGHT?**

Body mass index (BMI) is a tool that is often used to determine if a person is a healthy weight, overweight, or obese, and whether a person’s health is at risk due to his or her weight. BMI is a ratio of your weight to your height. You can refer to the chart on the next page to find your BMI and see what a healthy weight range is for your height.

A BMI of 18.5 to 24.9 is considered healthy. A person with a BMI of 25 to 29.9 is considered overweight, and a person with a BMI of 30 or more is considered obese.

Another way to determine if your health is at risk because of your weight is to measure your waist. Waist measurement does not tell if you are overweight, but it does show if you have excess fat in your stomach. You should know that extra fat around your waist may raise your health risks even more than fat elsewhere on your body. Also, men are more likely than women to carry their extra weight around their stomach.

Men whose waists measure more than 40 inches may be at an increased risk for diabetes, high blood pressure, stroke, and other problems.

A downside of using BMI is that it does not take into account whether body weight is due to muscle or fat. Therefore, someone who is very muscular may be thought to have excess fat, even if he has low or normal body fat. For the vast majority of Americans, though, BMI is a good way to tell if you have increased health risks due to your weight.
WHY DO WEIGHT AND LIFESTYLE MATTER?

On the other hand, being active, eating healthier, and achieving and staying at a healthy weight may help:

- Improve mood and energy levels.
- Increase fitness and strength.
- Improve muscles.

TABLE 1: BODY MASS INDEX

<table>
<thead>
<tr>
<th>Height (Feet-Inches)</th>
<th>Weight (Pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>NORMAL</td>
</tr>
<tr>
<td>4' 10&quot;</td>
<td>91</td>
</tr>
<tr>
<td>4' 11&quot;</td>
<td>94</td>
</tr>
<tr>
<td>5' 00&quot;</td>
<td>97</td>
</tr>
<tr>
<td>5' 01&quot;</td>
<td>100</td>
</tr>
<tr>
<td>5' 02&quot;</td>
<td>104</td>
</tr>
<tr>
<td>5' 03&quot;</td>
<td>107</td>
</tr>
<tr>
<td>5' 04&quot;</td>
<td>110</td>
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<tr>
<td>5' 05&quot;</td>
<td>114</td>
</tr>
<tr>
<td>5' 06&quot;</td>
<td>118</td>
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<tr>
<td>5' 07&quot;</td>
<td>121</td>
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<td>5' 08&quot;</td>
<td>125</td>
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<td>5' 09&quot;</td>
<td>128</td>
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<td>5' 10&quot;</td>
<td>132</td>
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<td>5' 11&quot;</td>
<td>136</td>
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<tr>
<td>6' 00&quot;</td>
<td>140</td>
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<tr>
<td>6' 01&quot;</td>
<td>144</td>
</tr>
<tr>
<td>6' 02&quot;</td>
<td>148</td>
</tr>
<tr>
<td>6' 03&quot;</td>
<td>152</td>
</tr>
<tr>
<td>6' 04&quot;</td>
<td>156</td>
</tr>
</tbody>
</table>

GETTING FIT
Pick an activity that you enjoy and will do. This activity should get your heart and breathing rates up, but is not so tiring that you cannot talk while doing it.

TYPES OF PHYSICAL ACTIVITY

Moderate Intensity
• brisk walking
• weight training
• recreational swimming

Vigorous Intensity
• jogging
• fast-paced sports, like football

TIPS FOR GETTING FIT

• Start with a level of activity that feels doable and gradually increase the frequency, time, and intensity of your exercise. You might begin with 10 minutes of daily activity for the first week, for example, and then increase your time to 15 minutes a day the next week.

• Work up to an amount of activity that allows you to reach your goal. It may be 45 minutes a day or it may be 90 minutes a day.

• Activities like chores, walking up stairs, and playing outside with the kids count too.

• Remember, you do not have to do 30 minutes of exercise all at once to be healthy. Instead, you can take three 10-minute walks throughout the day.

Visit the “MyPyramid” website from the U.S. Department of Agriculture to find out how you can estimate the amounts of exercise and food you need. Enter your age, gender, weight, and current activity level to receive a personalized physical activity and eating plan. It is available at http://www.mypyramid.gov.

...
**EXERCISE YOUR OPTIONS**

To get on track and stay on track, you should try different types of exercises and activities. The chart below lists several types of physical activity, provides examples of each, and describes how each activity is good for you.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>EXAMPLES</th>
<th>POTENTIAL BENEFITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic Exercise</td>
<td>Walking, jogging, swimming, biking</td>
<td>Improves fitness, burns calories, aids in weight loss, improves mental well-being</td>
</tr>
<tr>
<td>Strength Training</td>
<td>Weight machines, free weights, crunches, push-ups</td>
<td>Improves strength, increases muscle size, burns calories, aids in weight loss</td>
</tr>
<tr>
<td>Flexibility/Stretching</td>
<td>Traditional stretching, yoga, Tai Chi</td>
<td>Reduces injury risk, improves blood flow, helps recovery from muscle soreness</td>
</tr>
<tr>
<td>Sports</td>
<td>Basketball, racquetball, tennis, golf (if you walk the course)</td>
<td>Improves fitness, strength, and coordination; burns calories; adds variety</td>
</tr>
<tr>
<td>Lifestyle Activities</td>
<td>Washing the car, taking the stairs, mowing the lawn</td>
<td>Burns some calories and reduces health risks</td>
</tr>
</tbody>
</table>

Most men can safely increase their physical activity without consulting a health care professional, but men over age 40 and those with a history of coronary heart disease or diabetes should speak with a health care professional before starting a vigorous exercise program.

**A HEALTHY EATING PLAN =**

**A VARIETY OF FOODS**
- whole grains
- vegetables
- fruits
- lean meats and seafood
- low-fat or fat-free milk products
EATING SMART

- Eating smart may improve your health and your waistline.
- You can also improve your eating habits by adjusting portion sizes and still enjoy delicious foods and an occasional treat.

EASY TIPS FOR EATING SMART

- Sneak in fruits and vegetables. Add berries to your cereal or crunchy vegetables to your sandwich.
- Be aware of what you drink as well as what you eat. Sodas, sports drinks, and juices may be high in caffeine or calories, especially from sugar.

- Do not overdo it with alcohol. Alcohol can be a major source of hidden calories. A single shot of liquor, about 2 ounces, has about 125 calories. A 5-ounce glass of wine or a 12-ounce glass of beer has 160 calories.

KEEPING PORTIONS UNDER CONTROL

In addition to what you eat, how much you eat also affects your weight. The pictures on the next page give you an idea of what portion sizes look like for some foods. Try to “eyeball” your portion sizes using everyday objects—it may help you control how many calories you consume.

Pay attention to the serving sizes listed on Nutrition Facts labels.

For example, the label on a loaf of bread may list nutritional information for one slice.

But if you eat two slices in a sandwich, you have eaten double the calories, fat, and other nutrients. ...
### Serving Sizes = Everyday Objects

<table>
<thead>
<tr>
<th>Serving</th>
<th>Everyday Object</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of cereal</td>
<td>a fist</td>
</tr>
<tr>
<td>1/2 cup of cooked rice, pasta, or potato</td>
<td>1/2 baseball</td>
</tr>
<tr>
<td>1 baked potato</td>
<td>a fist</td>
</tr>
<tr>
<td>1 medium fruit</td>
<td>a baseball</td>
</tr>
<tr>
<td>1/2 cup of fresh fruit</td>
<td>1/2 baseball</td>
</tr>
<tr>
<td>1 1/2 ounces of low-fat or fat-free cheese</td>
<td>4 stacked dice</td>
</tr>
<tr>
<td>1/2 cup of ice cream</td>
<td>1/2 baseball</td>
</tr>
<tr>
<td>2 tablespoons of peanut butter</td>
<td>a ping-pong ball</td>
</tr>
</tbody>
</table>

Eating slowly or eating from a smaller plate may help you control how much you eat. Before you reach for a second helping, stop and ask yourself if you are still truly hungry. When you eat out, try splitting a meal or dessert with a friend or significant other, or taking half of your meal home in a take-out container. You may save big on calories, and it is tough to beat two meals for the price of one.
ACHIEVING YOUR GOALS

Set the Course
Focus on what you want to achieve in the short-term and over the long run. An example of a short-term goal might be to replace soda with water for a week. A good long-term goal might be to walk or run at least three times a week in preparation for an upcoming charity walk or fun run.

Expect Roadblocks
Everyone runs into roadblocks sometimes, so expect them, think of ways to overcome them, and get back on your feet if they set you back. Common roadblocks include:
• loss of motivation
• lack of time
• an upcoming vacation

To manage or overcome a setback:
• Find a workout partner to boost your motivation.
• Try exercising at lunch if you are short on time in the evening.

Chart Your Progress
To track your efforts, simply jot down your physical activity or healthy eating choices for the day in a small notebook. Several websites also offer online physical activity and nutrition trackers for this purpose. See the “Additional Resources” section at the end of the brochure for more information about these websites.

Goals should be realistic and specific, so set yours carefully. Running a marathon is likely not the best goal for someone just starting to get in shape.

Similarly, a goal such as “eating healthier” may not be helpful because it is too vague.

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Stay Motivated
Setting goals may boost your motivation to eat smart and stay active. But you may need more sources of inspiration—so set rewards along with your goals. Examples might be new workout clothing after you complete a week of regular workouts, or buying a new CD when you lose 5 pounds.

Finally, try asking friends or family members to join you in eating healthier and being more active. Healthy choices become easier when everyone is working toward similar goals.

THE BIG PICTURE
Being more active and eating better are two of the best ways you can take care of yourself. Other ways to improve your physical and mental health include:
- Getting adequate sleep.
- Quitting smoking.
- Reducing alcohol intake.

By rewarding yourself with a fit and healthy lifestyle, you are taking control of your future and setting an example that your family and friends can follow. That is really something to take pride in.

* Participants in clinical trials can play a more active role in their own health care, gain access to new research treatments before they are widely available, and help others by contributing to medical research. For more information about current studies, visit http://www.ClinicalTrials.gov.
ADDITIONAL READING FROM THE WEIGHT-CONTROL INFORMATION NETWORK

Just Enough for You: About Food Portions • August 2006

Tips to Help You Get Active • April 2006

Weight Loss for Life • July 2006

ADDITIONAL RESOURCES
American Heart Association
Just Move
This website features a free online physical activity tracker.
Internet: http://www.justmove.org

Centers for Disease Control and Prevention
Health Information for Men
These web pages offer information on a variety of men’s health topics.
Internet: http://www.cdc.gov/men
Phone: 1–800–311–3435

National Diabetes Education Program
Diabetes and Obesity Information
The National Diabetes Education Program provides information and offers a recipe and meal planner guide.
Internet: http://www.ndep.nih.gov
Phone: (301) 496–3583

National Heart, Lung, and Blood Institute
Aim for a Healthy Weight
This website includes a “Portion Distortion” quiz and BMI assessment tool.
Internet: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt
Phone: (301) 592–8573

U.S. Department of Agriculture
MyPyramid
This interactive website has in-depth dietary and physical activity recommendations and information.
Internet: http://www.mypyramid.gov
Phone: 1–888–7–Pyramid; 1–888–779–7264

U.S. Department of Health and Human Services
2008 Physical Activity Guidelines for Americans
This website provides helpful information and recommendations for fitting physical activity into your life.
Internet: http://www.health.gov/PAGuidelines

Inclusion of resources is for information only and does not imply endorsement by NIDDK or WIN.
The Weight-control Information Network (WIN) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, which is the Federal Government’s lead agency responsible for biomedical research on nutrition and obesity. Authorized by Congress (Public Law 103–43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

Publications produced by WIN are reviewed by both NIDDK scientists and outside experts. This publication was also reviewed by John M. Jakicic, Ph.D., Chair, Department of Health and Physical Activity, and Director, Physical Activity and Weight Management Research Center, University of Pittsburgh.

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