

## Diet, Exercise, and Weight Loss

Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Basal Energy Expenditure: \_\_\_\_\_  
BMI: \_\_\_\_\_ (at current body weight: \_\_\_\_\_)  
Ideal Body Weight: \_\_\_\_\_ (at ideal body weight: \_\_\_\_\_)

A. Weight loss is a very difficult thing to achieve. Many diet programs exist, and can be helpful, but the most effective one is the one that works for you. The overall problem is that one pound of fat is 3500 Calories, and it is not so easy to burn calories off.

B. women need 1200-1400 Calories per day  
men need 1400-1800 Calories per day

### C. Good Things

1. Two meals of fish per week, or omega-3-fatty acid supplements
2. Calcium 1200mg/day and Vitamin D3 1000IU/day
3. Cooking with olive oil, baking, and grilling
4. Dietary fiber, 10-20grams/day
5. Consuming 80% of your calories in the am/noon, and 20% in the PM
6. Nuts, vegetables (including salads), and fruits
7. Smaller portions (salad plate as your dinner plate, avoid seconds)

### D. Bad Things

1. Red Meat, and if you do eat red meat, smaller portions and leaner cuts.
2. Large portions and seconds
3. Cream based dressings and sauces
4. Sweetened beverages and high fructose corn syrup (diet is not as bad)
5. Foods containing Trans-Fatty acids
6. Junk food and Fast Food
7. Eating more than 2000 milligrams of sodium per day

### E. Exercise:

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|-------------------------------------|-------------------------------|
| 1. Aerobic Exercise:                | 2. Strength Training:         |
| a. at least 15 minutes at a time    | a. 2-3 times per week         |
| b. keep your heart rate 120's-140's | b. target major muscle groups |
| c. goal: 180 minutes per week       | c. 2 sets of 10 repetitions   |

### F. Things to be mindful of:

1. You may at one point stop losing weight. If this happens, but you feel that your clothes are fitting better, that is what we are looking for. You will have built muscle mass and muscle weighs more than fat.
2. You did not gain whatever amount of weight over days or weeks. Do not expect to lose it all that quickly. Weight loss takes time. Our goal would be 1 pound per week.
3. If you take in more calories than you need, you will gain weight. If you take in less, you will lose weight (do not take in less than 900 calories per day, though).
4. A glass of beer or wine a day is good, more than that is not.
5. Adhering to a Mediterranean diet or a DASH-2 diet can have benefits for your blood pressure, cholesterol, and even mortality.
6. The goal here is to prevent issues with heart disease, blood pressure, diabetes, arthritis, sleep apnea, cancer, and death.
7. As always, please discuss with your Doctor any diet, exercise, or weight loss regimens that you are considering.