

Losing Weight The Healthy Way



INTRODUCTION

Your journey to achieving a healthier weight starts with having the motivation and commitment to make small changes. A healthy weight can improve your mood, help build greater self-esteem, and even lower your risk of diseases like diabetes and high blood pressure.

With the help of this booklet, you will be able to kick-start the journey to a healthier you.



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What Is A Healthy Weight?

Weight isn't just a number on a scale. Your weight can be a risk factor for chronic diseases like diabetes, high blood pressure and certain kinds of cancer.

How do you know whether your weight is in the healthy range? Two accurate measures of a healthy weight are Body Mass Index (BMI) and waist circumference.

What is My BMI[^]?

You can find out if you have a healthy weight by using the formula below to measure your BMI.

CALCULATE YOUR BMI | $BMI = \frac{WEIGHT (KG)}{HEIGHT (M) \times HEIGHT (M)}$

AT RISK < 18.5 **LOW RISK 22.9** **23 MODERATE RISK** **HIGH RISK > 27.5**

[^] BMI values do not apply to children, pregnant women, people with muscular build (e.g. athletes and body builders) or the elderly.

Find out your BMI by using the formula or looking up the HPB BMI calculator online*. Then refer to the table below to find out what it can tell you about your health.

My BMI: _____

BMI (kg/m²)

Below 18.5

18.5 – 22.9

23.0 – 27.4

Above 27.5

Risk

At risk of nutritional deficiency and osteoporosis.

Low risk of developing nutritional deficiency, osteoporosis and chronic diseases.

Moderate risk of developing chronic diseases.

High risk of developing chronic diseases.

* BMI calculator link: www.hpb.gov.sg/bmicalculator

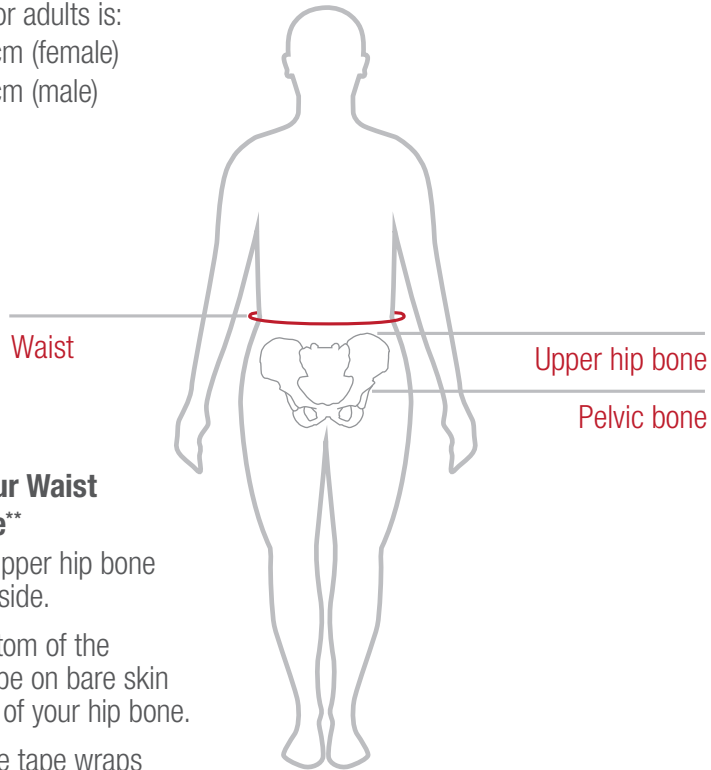


What is My Waist Circumference?

Waist circumference is an easy way to monitor your abdominal fat.

The recommended waist circumference for adults is:

- Less than 80cm (female)
- Less than 90cm (male)



Measuring Your Waist Circumference**

- 1) Locate your upper hip bone on your right side.
- 2) Wrap the bottom of the measuring tape on bare skin along the top of your hip bone.
- 3) Make sure the tape wraps around your whole abdomen and does not pinch your skin.
- 4) Breathe normally and measure your waist circumference at the end of a normal exhale.

** The recommended BMI and waist circumference values are based on guidelines for Asians

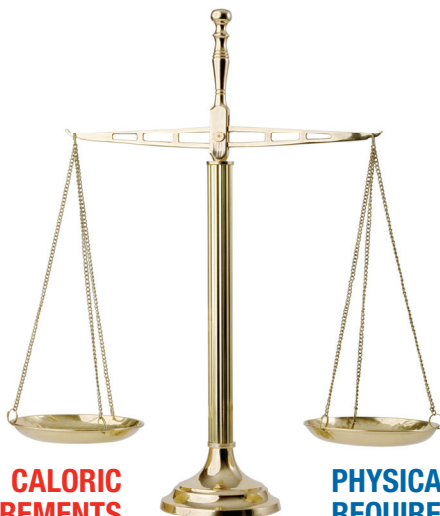
Striking A Balance

Maintaining a healthy weight is all about striking a balance between the food you eat and the energy you burn.

THE CALORIC BALANCE

INPUT
Calories
Consumed
From Foods

OUTPUT
Calories Used
During
Physical Activity



**CALORIC
REQUIREMENTS**
An average person requires
about 2000 calories a day

**PHYSICAL ACTIVITY
REQUIREMENTS**
Aim for 150-250 minutes of physical
activity each week

Input versus Output: The Caloric Balance – Understand how food works

To help you monitor your daily energy balance, HPB has designed the iDAT application, a tool to track your food intake and physical activity. Visit www.hpb.gov.sg/iDAT to download the app to your smartphone or to use the web version.



**I couldn't do a single
squat when I started.
Now I can do 20!**



When I joined the Lose To Win™ programme, I was nearly at my wit's end trying to lose weight, after already having tried a lot of fad diets.

One of the first things I did was to buy a weighing scale. When I checked my weight, it was way beyond what I had imagined it would be. That's when I realised it was time to take some steps.

When I started the programme, I met a whole community of people trying to get healthier, and that gave me a lot of reinforcement. One of the great things HPB Lose To Win™ introduced me to was the iDAT – an iPhone application which helps me track my weight, set goals and check caloric values of foods. It really helped me find a balance.

Since starting the programme, I've lost about 20kgs. I couldn't do a single squat when I started. Now I can do 20! Earlier this December, I even ran a half-marathon in about 3 hours. I feel absolutely great, very confident, and much fitter than I was last year.

- Archana

Eat Right!

Healthy eating requires you to maintain a balanced diet. It means consuming different types of food in the right amounts, and not overeating.

Making healthier food choices can help you consume fewer calories. And reducing your food intake by 500 calories a day can help you reach your weight loss goal.

Here are some tips to help you make wise food choices:

- Choose healthier food options for meals and snacks.
- Look out for:
 - ♦ Food products with the Healthier Choice Symbol
 - ♦ Eateries certified by HPB's Healthier Dining Programme
 - ♦ Stalls which display the Healthier Choice Symbol.These stalls offer healthier options like brown rice and brown rice noodles. They also prepare their food in unsaturated oil, reduced salt and sugar.
- Eat all foods in moderation by controlling your portion size
- Eat 2 servings of fruit and 2 servings of vegetables every day
- Drink plenty of water



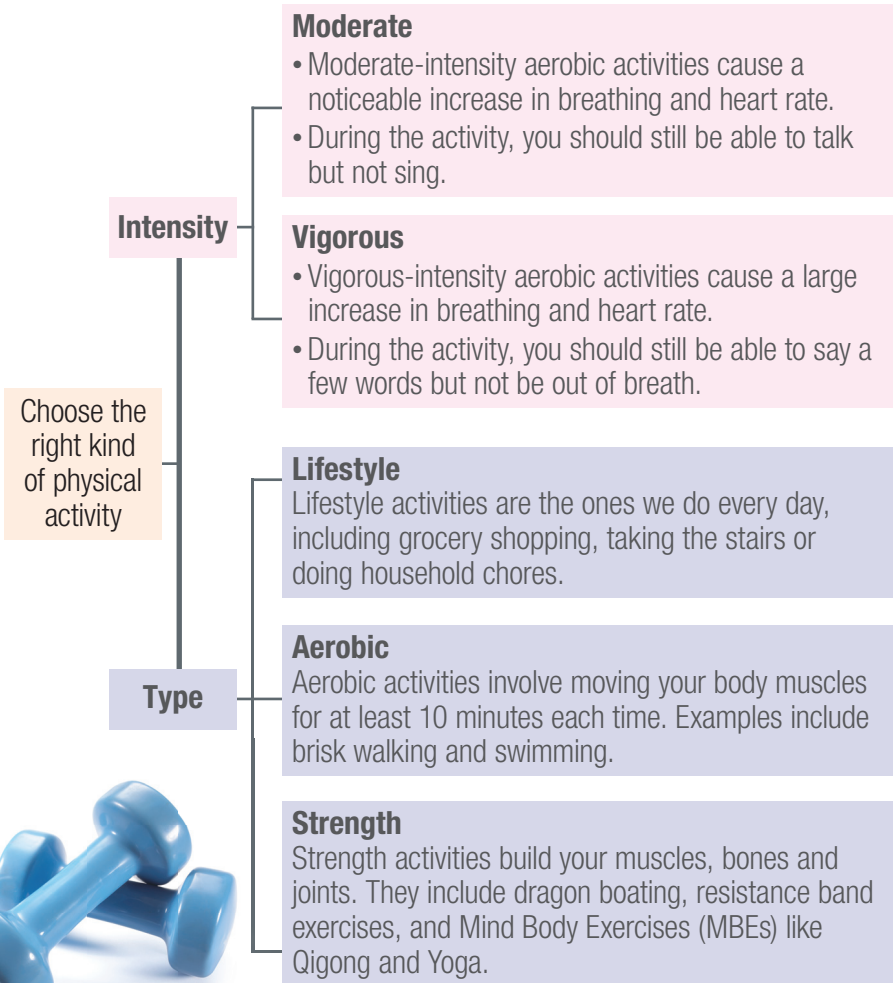
Activity: Monitoring Your Food Intake

Recording your food intake can help you become more aware of the calories in the food you eat. It can also help you assess whether you are consuming too many calories.

Meals	What You Usually Eat & Drink		Healthier Options	
	Item & Portion Size	Calories	Item & Portion Size	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Drinks				
Total Calories				

You Can Be Active Anywhere, Anytime!

Including physical activity in your life can be fun and easy.



Safety First



- **Get your doctor's advice** before starting a new exercise plan, if you are unsure about the best types of physical activity for you



- **Start slow** and increase your intensity level gradually, if you have not exercised for a long time



- **Hydrate well**
 - ♦ Before any physical activity, consume about 500ml of water
 - ♦ After your workout, drink 250-500ml of fluids for the next few hours to replace the water lost



- **Include a warm up and cool down** during each physical activity session
 - ♦ Start your workout with at least 5 to 10 minutes of warm up exercises to increase your heart rate and reduce the likelihood of injuries
 - ♦ End your workout with a cool down for at least 5-10 minutes that includes slow movements and stretches to bring your heart rate down



- **Eat** at least 2 hours before any exercise
 - ♦ If you will be active for 60 minutes or more, have a banana or sports drink to give you an energy boost

Activity: Let's Stay Fit!

Plan to do at least 150 minutes of physical activity a week.

Follow the **FITT** principles to set a fun and effective exercise plan.

- F**requency – The number of times you do a physical activity in a week
- I**ntensity – The level of difficulty your physical activity is (e.g. light, moderate or vigorous)
- T**ime – How long you will be physically active
- T**ype – The physical activity you will be doing

Day	Target (Week 1)	
	Physical Activity	Minutes
Mon		
Tue		
Wed		
Thurs		
Fri		
Sat		
Sun		
Total Minutes		



When The Going Gets Tough, Stay Positive

Nobody said losing weight was easy. You may encounter small setbacks during your weight management journey, but don't give up.

Take the challenges you come across as opportunities to:

Manage your expectations

- Relook at your goals and adjust them

Seek encouragement from family and friends

- Share the challenges you face with a close family member or friend

Try new strategies to overcome obstacles

- Simplify your goals into smaller ones that are more achievable
- Write them down and set reminders to follow them

Stay positive

- Visualise a healthier, happier you
- Don't forget to celebrate each small success along the way

Make weight management your top priority

- Press on with your healthier eating habits and physical activity schedule

And remember, losing weight the healthy way is a gradual process!



After my third child, I gained weight and lost my confidence. Thankfully, Lose To Win™ turned things around for me.



I am a shy person by nature, and after I had my third child, my weight gain caused my self-esteem to take a huge tumble. I knew that I was missing out on a lot of things that life had to offer, but I simply lacked the confidence to try anything.

One day, I decided that things had to change. It was also when I came across Lose To Win™. Signing up for it was the turning point in my life. I learned to eat right and exercise regularly, and gained the support of others who were in the same situation. Now I feel stronger and fitter than I've ever been in a long time, and naturally, my confidence returned.

Taking that first step has led to a great leap in my confidence and achievements. Not only have I lost weight, I've become a certified Zumba instructor.

- Nurhayati

Maximising Your Motivation

Take time to reflect on the reasons you want to lose weight.

Ask yourself, if I achieve my goal:

- What will I be doing?
- What will it feel like?
- Who will be with me?

Find something to remind you why you are ready to change.

- An image
- A statement
- A quote
- A photo

Setting Your Goals

A good goal is one that follows

SMART principles.

Specific – A healthy goal is losing between 0.5 and 1.0 kg a week.

Measurable – Include regular weigh-ins and measures so you can monitor your progress.

Attainable – Break your larger goal into small ones that can be reached. Celebrate each small success along the way!

Realistic – Losing weight the healthy way is a gradual process. Strive for small changes.

Time frame – Aim to achieve your weight loss goal in 3 months.

Our goal was simply to lose a few kilos, but along the way we gained a few friends too!



We met each other as strangers when we joined Lose To Win™ with the same goal to get healthy and lose some weight. When the programme ended, we didn't want to lose the momentum that we gained over the past 3 months, so we formed the Happy Group to motivate each other in our pursuit of health.

It's easy to make excuses when we exercise alone, so we make it a point to meet every Thursday to work out together. Having a common goal and commitment makes it so much easier.

We all agree that joining Lose To Win™ was one of the best decisions of our lives. It not only started us on exercise, it also taught us about nutrition and leading a healthy lifestyle. What's more, we've gained valuable friendships. That's why we decided to come back as Motivators, to continue our journey and help others start on theirs.

Our biggest achievement this year was to complete a triathlon together and we're looking forward to our next challenge!

- The Happy Group (Linda, Nelson, Doreen, Wah Soon)

My Health Goals



Include a photo to remind yourself of your end goal.



Set your own SMART goal by filling out this table.

Week 0	Target
Date: _____	Date: _____
Weight: _____	Weight: _____
Height: _____	
BMI: _____	BMI: _____
Waist Circumference: _____	Waist Circumference: _____

Tear off this page and use it to remind yourself of what you hope to achieve!





Useful References

Here are some tools and references you can use to find out more about losing weight the healthy way.

- Visit HPB's Website:
 - ♦ **Healthy Eating** : www.hpb.gov.sg/foodforhealth
 - ♦ **Physical Activity** : www.hpb.gov.sg/physicalactivity
 - ♦ **Weight Management** : www.hpb.gov.sg/weightmanagement
 - ♦ **Lose To Win™** : www.hpb.gov.sg/losetowin
 - ♦ **iDAT** : www.hpb.gov.sg/iDAT
 - ♦ **BMI Calculator** : www.hpb.gov.sg/bmicalculator
- Join HPB's Lose To Win™ community to get active together.
Visit our Facebook page at www.facebook.com/losetowin to learn more.
- Visit the following websites to start leading an active lifestyle in your community:
 - www.onePA.gov.sg**
 - www.ssc.gov.sg**
 - www.nparks.gov.sg**
- Need medical advice? There are many hospitals that offer clinical programmes to help you manage your weight.
 - ♦ **CGH** : myhealth.sg
 - ♦ **KTPH** : http://www.ktph.com.sg/index.php/main/iama_details/46
 - ♦ **SGH** : <http://www.sgh.com.sg/Clinical-Departments-Centers/LIFE-Centre/services/Pages/obesity-management.aspx>
 - ♦ **NUH** : <http://www.nuh.com.sg/weight-management-programme.html>
 - ♦ **TTSH** : <http://www.ttsh.com.sg/patient-guide/medical-departments/page.aspx?id=260>
- Answer the **Physical Activity Readiness Questionnaire** before starting any physical activity: www.hpb.gov.sg/parq



For more information, call
Health Promotion Board HealthLine at

Tel: 6435 3500

Or

visit www.hpb.gov.sg