

Healthways SilverSneakers Fitness Program can help you increase your daily physical activity levels and maintain your weight. For more information, please visit www.silversneakers.com.



Take control of your health and maintain your independence with SilverSneakers!



Building a healthy lifestyle

Managing your weight through physical activity and nutrition

It's simple yet true: To maintain body weight in a healthy range, balance calories consumed in foods and beverages with calories expended. As we age, this advice becomes even more important. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity. To lose weight, aim for a slow, steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity.

Healthways SilverSneakers® Fitness Program can help you reach the appropriate physical activity levels to balance with proper nutrition for safe weight maintenance.

Physical Activity Guidelines

- Be physically active for at least 30 minutes every day as tolerated to experience lowered risk of chronic disease, increased lean body mass, increased HDL cholesterol and lowered blood lipids.
- Increase the intensity and duration of your workouts for even greater health benefits and to help control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Include cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises for muscle strength and endurance.

Dietary Guidelines

- **Focus on fruits.** Eat a variety of fruits – fresh, frozen, canned or dried, rather than fruit juice – for most of your fruit choices.
- **Vary your veggies.** Eat more dark green vegetables (broccoli, spinach and other dark leafy greens), orange veggies (carrots, sweet potatoes and pumpkin) and beans and peas (pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils).
- **Get enough calcium-rich foods.** Aim for three cups of low-fat or fat-free milk or an equivalent amount of low-fat yogurt and/or low-fat cheese every day.
- **Make half your grains whole.** Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Look to see that grains such as wheat, rice, oats or corn are referred to as “whole” in the list of ingredients.
- **Go lean with protein.** Choose lean meats and poultry, and bake, broil or grill them. Vary your protein choices with more fish, beans, peas, nuts and seeds.

Overweight adults with chronic diseases and/or those who are taking medication should consult a health care provider about weight-loss strategies prior to starting a weight-reduction program, to ensure appropriate management of other health conditions.

* From the American Dietetic Association: 2005 Dietary Guidelines.