I've been on a constant diet for the last two decades. I've lost a total of 789 pounds. By all accounts, I should be hanging from a charm bracelet.

Erma Bombeck (1927–1996)
Each of these studies used nutrition and exercise programs to lower health risks such as blood pressure, cholesterol, or diabetes.

- Diabetes Prevention Program
- Dean Ornish Heart Disease Reversing Program
- Coronary Health Improvement Program
- Dietary Approaches to Stop Hypertension (DASH) diet

They all reduced risks, but all the participants also lost weight.

(Weight loss is a healthy lifestyle side effect)

Excessive weight is a problem of the Westernized world.

Lifestyle trials designed to lower health risks all produced weight loss.

We live is a world that encourages over consumption and discourages physical activity.
Kelly Brownell of Yale Center for Eating and Weight Disorders labels our unhealthy culture a "toxic environment."

Our Culture Of Consumption
- On a percentage basis, dietary fat consumption has decreased from 45-32% since 1970.
- But, on a calorie basis, we eat MORE fat.
- Cheese consumption increased from 11 to 28 lbs/person/year.

Our Culture Of Consumption
- 27% of meals are eaten outside the home.
- Food portion sizes have increased.
- Soda consumption increased from 34.7 to 44.4 gallons/person/year since 1987.
- Aggressive marketing
  - Vending machines
  - Channel one
The Culprit & The Cure
Chapter 13: A Healthy Lifestyle Side Effect

The Number of Larger-Size Portions Introduced by Fast Food Chains and Restaurants

Can genetics explain the increase in body weight?

The increase in obesity in the United States has occurred in just two or three decades, with very little change in the genetic makeup of the U.S. population.

Such a dramatic increase cannot be due to genetics because the genetic pool of the entire population cannot change in 20 years.
On a Diet, Off a Diet

- All diets have two things in common:
  - A reduction in the number of calories that are eaten and
  - A lot of media hype
- When you go off the diet, the weight returns.

The solid line shows the typical results of weight-loss program participants in pounds. The dotted line would be ideal—lose weight and keep it off for years.

On a Diet, Off a Diet

- When it all boils down, weight loss is nothing more than balancing energy from food with energy expended by the body.
- Weight Change = calories in – calories out
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Most Common Weight Loss Methods

- Eat fewer calories
- Eat less fat
- Exercise more
- Skip meals
- Eat food supplements
- Join weight loss program
- Take weight loss pills

Effects of Diet, Exercise, and Exercise/Diet Combined

- Diet Only
- Exercise Only
- Both

- Body Fat
- Lean Tissue
- Total Weight

Weight Loss Masters
A group of people who lost an average of 66 pounds and kept it off for at least 5 years.
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Chapter 13: A Healthy Lifestyle Side Effect

Tips For Long-Term Success:

➢ Eat fewer calories.
  – This can be accomplished by reducing the amount of food you eat and eating foods that are more likely to promote good health. Most of the masters switched to low-fat foods and ate less sugar and sweets and more fruits and vegetables.

➢ Exercise every day.
  – Most exercised for an hour a day. If you really want to keep the weight off, you will have to make exercise part of your everyday life.

➢ Weigh yourself every week.
  – Set a weight limit and don’t exceed that limit.

Tips For Long-Term Success:

➢ Cultivate social support.
  – Friends, family, and even pets can provide emotional support and encouragement to start and stick with an active, healthy lifestyle.

➢ Commit to doing it.
  – Make a decision to change your lifestyle. If you have a good reason to change (a trigger), use it to focus your efforts and solidify your determination.

➢ Find your approach.
  – Everybody has a slightly different approach. Even though there were some common characteristics among many of the weight-control masters, others did it their own way. One size does not fit all when it comes to successful weight loss.

How much should you weigh?
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Body Mass Index (BMI)
What is your body mass index? _______

Body Mass Index Categories
<19 Underweight
19–24 Ideal weight, low-risk
25–29 Overweight, moderate-risk
≥ 30 Obese, high-risk

The Life Long Weight Loss Solution
➢ Eat fewer calories-eat on the defensive
➢ Exercise every day
➢ Weigh yourself often
➢ Cultivate social support
➢ Commit to doing it, get a trigger
➢ Slow and steady wins the race
➢ Healthy emotional state before healthy body weight
➢ Don’t buy bigger clothes
Chapter 13: A Healthy Lifestyle Side Effect

**Weight Loss Benefits of Exercise**
- Maintain lean body mass, maintain and increase metabolism.
- Lose body fat.
- Lose total weight.
- Reduce other health risks.

**More Weight Loss Tips**
- *Slow and Steady Wins the Race*

**More Weight Loss Tips**
- Reduce total calories from food by 500–1,000 calories to lose 1–2 pounds per week.
- Reduce dietary fat intake to less than 30% of your total energy intake.
More Weight Loss Tips

- Healthy Emotional State before Healthy Body Weight
- Weigh Yourself Often
- Don’t Buy Bigger Clothes
- Know Your Hunger Triggers (times or events that make you want to eat)

Eat on the Defensive

- Do nothing else while eating; just enjoy your food. If you habitually watch TV while you eat, you might be tempted to eat each time you turn on the TV.
- Stop eating when you are full. When you eat out, you don’t have to try to get your money’s worth just because you are eating out. Take some home in a doggy bag.
- Don’t eat everything on your plate (even though your mother told you to). The last thing most of us need is to load a plate with food and eat everything on it.

Eat on the Defensive

- When eating out, chose smaller portions or share your meal with someone. A couple of appetizers are just about as much food as an entrée.
- Don’t bring problem foods home. Out of sight, out of mind.
- You don’t have to have dessert at every meal. If you do need a dessert, have a small serving or some fruit.
- When you are done eating dinner, remove the serving dishes from the table so you aren’t tempted to keep eating.
Set a Weight Loss Goal
➢ Use the BMI table or actual measures of your body fat to set a reasonable, attainable goal. Something you can attain in just a few months.
➢ Plan on no more than 2-3 pounds per week.

The Culprit & The Cure
➢ This book gives you the skills, ideas, and practical know-how to adopt healthy lifestyles and maintain them for life.
➢ www.welcoa.org

Points to Remember
➢ Weight loss and healthy weight maintenance are side effects of a healthy lifestyle. Adopt a healthy lifestyle and you will be more likely to have a healthy weight.
➢ American culture and aggressive food marketing make attaining a healthy weight hard to do. You must control the size of your food portions and the amount of food you eat. Don’t leave this job to the food industry.
➢ Good nutrition and physical activity behaviors are the keys to healthy weight. Stop the healthy behaviors and your weight will return to prior levels.
The Culprit & The Cure
Chapter 13: A Healthy Lifestyle Side Effect

More Points to Remember

- Learn wisdom from the wise; live like the weight control masters.
- Low-carbohydrate diets, as well as other kinds of diets, can help you reduce the number of calories you eat, but don't go on a diet just to later go off a diet. Change your lifestyle.
- Recognize the triggers that make you want to eat and plan ways to deal with those triggers.