

WEIGHT MANAGEMENT

Weight Management Explained



Weight management is about achieving and maintaining a healthy body weight. Being a healthy weight reduces your risk of developing conditions such as high blood pressure, high blood cholesterol, diabetes, heart disease, joint problems, certain cancers, stroke and poor mental health.

What is energy balance?

Energy IN (kilojoules) vs Energy OUT (kilojoules) Energy is measured in kilojoules (kJ) or calories (1 Calorie = 4.2 kilojoules). Your body weight is the result of the balance you achieve between ENERGY IN (kJ within food and fluids we consume) and ENERGY OUT (kJ we use through our metabolic rate and physical activity), in combination with your genetics and wider health status.

Weight gain typically occurs when you consume more energy than you use (excess energy is usually stored as body fat).

Weight loss typically occurs when you use more energy than you consume (loss can come from your body fat, glycogen, muscle and water).

Weight maintenance occurs when your energy intake is balanced with your energy output. One effective way to lose weight is to consider your food portion size and/or choose foods and beverages that are healthier, lower in kilojoules and by being more physically active.

10 steps to healthy weight loss and maintenance

- 1 Set a weight loss goal that is both realistic and achievable. Realistic body fat loss is 0.25-1.0kg per week. More than this, and you may be losing body water or muscle, not just body fat
- 2 Participate in regular physical activity. It is recommended to aim for a minimum of 30 minutes of moderate or vigorous intensity exercise on most days
- 3 Aim to do more incidental activity. Seek more opportunities to sit less and move more
- 4 Enjoy a healthy and balanced diet. Eat appropriate portion sizes from each of the food groups
- 5 Limit your intake of sugar and fats, especially saturated fat found in animal sources such as meat and highly processed foods. Learn how to read food labels to understand what you eat
- 6 Increase your intake of dietary fibre (found in plant foods)
- 7 Choose water as your main drink
- 8 Keep your alcohol consumption to a minimum (no more than 2 standard drinks a day for women and men)
- 9 Avoid 'crash diets', 'fad diets' or skipping meals
- 10 Make long-term lifestyle changes that are sustainable. Aim for small changes at a time. For example, start by using low-fat milk as opposed to full-cream. Walk during your lunch break twice a week



Consider these weighty statistics:

- **67%** of the Australian adult population are overweight or obese*
- **25%** of young people under the age of 18 are overweight or obese*
- **47%** of Australians have one or more chronic conditions

*AIHW, Australia's Health 2020

WEIGHT MANAGEMENT

Weight Management Explained



Hints to reduce your energy intake

- 1 Trim all visible fat, especially saturated fats, from meat and remove the skin from chicken, duck or turkey
- 2 Use a rack when grilling or roasting meat
- 3 Avoid fried, battered and crumbed foods
- 4 Restrict the amount of margarine and butter you eat
- 5 Avoid creamy sauces
- 6 Switch to low-fat and skim dairy products (e.g: milk, yoghurt, cheeses) however be careful of increased sugar content
- 7 Keep cakes, biscuits and pastries to a minimum
- 8 Keep high fat "extras" (e.g. chocolate, potato chips) to a minimum
- 9 When eating or buying a salad, order the dressing on the side and use a minimal amount. Opt for a healthier alternative such as a vinegar based dressing
- 10 Steam or cook vegetables in the microwave. When roasting, bake vegetables on foil. Avoid adding any butter or margarine to vegetables
- 11 Try using light evaporated milk instead of cream and low-fat or greek yoghurt instead of sour cream
- 12 Limit high fat takeaway food to a maximum of once per fortnight
- 13 Enjoy at least two fish meals each week



1 kg of fat provides roughly 38 thousand kilojoules (yep, 38 million joules!). Walking at a brisk pace of 8km/hr will expend about 34kJ/min, meaning it will take you 19 hours of exercise at this pace to lose 1kg of fat.

The table below shows the amount of time taken to lose 1kg of fat at different intensities.

Run

kph	kJ/min	Mins for 1kg of fat loss	Hrs
16	84	452	8
13	71	535	9
11	59	644	11
9	46	826	14

Walk

kph	kJ/min	Mins for 1kg of fat loss	Hrs
8	34	1118	19
5	21	1810	30