

# Safe Weight Loss

## Nutrition

The following are some tips you can use to lose weight safely:

- Eat breakfast everyday and don't skip meals
- Select foods high in fibre. Try whole grain breads and cereals; beans; vegetables and fruit
- Drink lots of fluids
- Get lots of vitamin D and calcium in your diet to ensure strong and healthy bones
  - Choose low fat or fat free milk, yogurt or cheese
  - A calcium and vitamin D supplement should be considered
- Try to get the suggested number of servings from each food group as listed in Canada's Food Guide
- Get lots of sleep
- Choose meats low in fat
  - Remove the skin from chicken
- Choose foods fortified with vitamin B12
  - Breakfast cereals; dietary supplements
- Keep nutrient rich snacks on hand such as berries and easy to chew vegetables like peppers
- Exercise

### Eating Well with Canada's Food Guide (51+)

	Male	Female
<b>Fruits and Vegetables</b>	7 servings	7 servings
<b>Grain Products</b>	7 servings	6 servings
<b>Milk and Alternatives</b>	3 servings	3 servings
<b>Meat and Alternatives</b>	3 servings	2 servings

## Exercise

Physical activity can have many benefits in the long and short term, including:

- Feel more relaxed
- Sleep better
- Promote independence
- Better physical and mental health
- Stronger muscles and bones
- Reduce stress
- Improved quality of life
- More energy
- Move with fewer aches and pains
- Better posture and balance
- Improved self-esteem

**Pick an activity you enjoy and set small specific goals to start and slowly increase the length of time and number of days you are active**

### Aerobic activity

- Includes activities such as walking, water aerobics, gardening, dancing
- Helps to keep joints moving and reduce arthritic pain, while increasing energy and mood and decreasing stress levels

### Strengthening & Balance Activities

- Lifting weights, standing on one foot, Tai Chi, etc
- Improves balance and posture; Keeps muscles and bones strong; Prevents bone loss

### Flexibility Activities

- Gentle reaching, bending, stretching
- Keeps muscles relaxed and joints mobile, preventing stiffness; ability to move more easily and be more agile