

MAKE IT HAPPEN ...AT YOUR WORKPLACE

Here are some suggestions to help you reach and keep a healthy weight at work.

- See if your worksite offers a healthy weight loss program or will cover some of the cost of a healthy weight loss program.
- Start a walking group on your breaks. Even 10 minutes of activity at a time counts.
- Bring your lunch from home. Homemade lunches are usually lower in fat and calories and higher in fibre, vegetables, and fruit compared to eating out.
- Choose healthier snacks from the vending machine like pretzels, baked chips, dried fruit, and granola bars instead of regular chips or chocolate bars.
- Take the stairs whenever you can.
- Ask for healthier options when ordering food at the cafeteria or a restaurant. Look for things that aren't fried, in creamy dressings or sauces, and aren't huge portions.
- Keep a refillable water bottle handy for when you're thirsty instead of buying a pop.
- Walk or bike to work. Start with one day a week and add more from there.

LOWER THE RISK from Weight Loss Products

Healthy eating and physical activity are the best ways to lose weight. If you choose to take a weight loss product, consider the following tips to help minimize your risk:

- Always discuss your plans to take a weight loss product with your health care provider.
- Don't buy a product online from a source that doesn't give a telephone number or that gives you a prescription after an online questionnaire.
- Be skeptical about unrealistic claims.
- Look for an 8 digit Drug Identification Number (DIN), a Natural Product Number (NPN), or a Homeopathic Medicine Number (DIN-HM). Only products approved for sale by Health Canada have these.
- Contact your health care provider if you have any adverse reactions after taking a weight loss product.



“If you don't take time for your body, where are you going to live?”

~Anonymous

Answers (from front page): 1-F • 2-T • 3-F • 4-T • 5-T • 6-F • 7-T • 8-F • 9-F • 10-F

Key Sources:

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SMART STEPS TO LIVE LONGER

Summer 2008

weighing in on weight loss...

These days, it's not hard to find someone who's struggling to reach and keep a healthy body weight. With two out of every three Canadian adults considered overweight or obese, experts say the problem is now an epidemic, costing the healthcare system \$8.2 billion a year in direct costs (i.e. treatment). There are even greater costs when time off work and quality of life are considered.

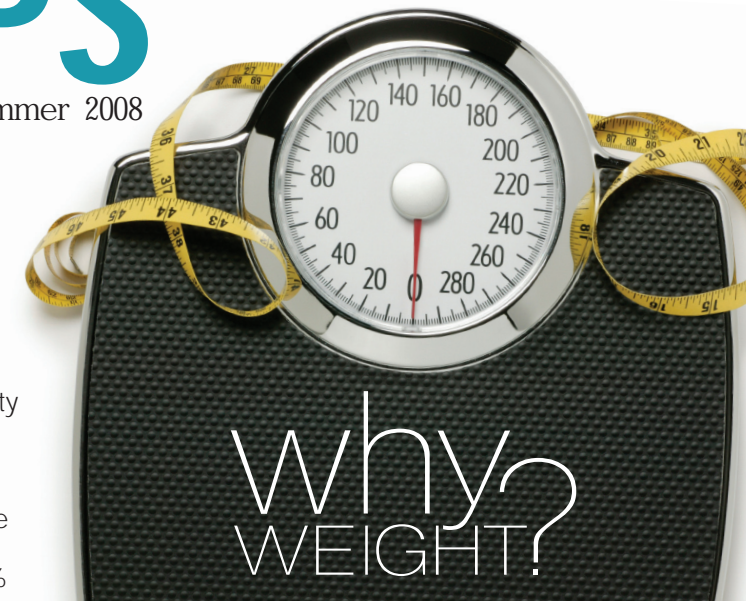
Most of us know the health risks of being overweight. In fact, many of us are faced with chronic diseases related to being overweight. These include heart disease, type 2 diabetes, asthma, arthritis, and some cancers. The trouble is it's far easier to gain weight than it is to take it off. Still, a 5 to 10% weight loss, or 10 to 20 lbs for a 200 lbs person, which can show positive health changes is hard for most of us.

Even if we do lose weight, most people regain at least 75% of their lost weight within five years of losing it! The problem with dieting and regaining weight over and over again (yo-yo dieting) is that it can slow down your metabolism. This makes it harder and harder to lose weight each time you try.

Many people look to weight loss products and supplements to help them lose weight. Besides not being effective, many of these products can be dangerous. Some are not regulated by the government and have not undergone approved government safety testing. Some of these products have caused serious heart problems, bowel problems, reacted with other medications, contain dangerous heavy metals, and have even resulted in death.

While there are many products and services claiming to help people lose weight or keep it off, few of these can actually deliver what they say. The same is true of the huge variety of weight loss programs and books that are available. With a \$58 billion weight loss industry in North America, focused on getting your money, how are you supposed to choose the right product or program for you?

It's important to be an educated shopper and to be a bit skeptical of weight loss products and services and their claims. This issue of Smart Steps to Live Longer will help you see through some of the glitz to tell whether a product or service could really help you lose weight in the long run or whether it will help keep you in the all too familiar weight gain weight loss cycle.



TRUE or FALSE

1. It's healthy to lose ten pounds in a week. **T or F**
2. A healthy weight loss program follows Canada's Food Guide. **T or F**
3. Very high protein diets have YbcI [\ UVFY] b h Ya t e a Yth people's daily needs. **T or F**
4. Losing just 5 to 10% of your VcXnk Yll \hWb ja dfcj Y your health. **T or F**
5. H Y V Y g h k U n i c h Y ~ j Z U k Y j l \ h i c g g d f c X i W j g g U Y j g l e c c for a DIN, DIN-HM, or an NPN. **T or F**
6. It's okay if a diet doesn't j b W X Y U ~ z i f z c X l f c i d g U g c b l U g h f Y W a a Y b X g l U j b l U multivitamin. **T or F**
7. @ g b l k Y j l \ h g v c i X j b W X Y V c h \ Y U h m Y U j b l U b X d \ n g j W U M j j h n **T or F**
8. Fat and protein have the same bi a V Y f c Z W c f j Y g d Y f l f U a " **T or F**
9. D Y c d Y k \ c U Y g i W W g z \ U i c g b l k Y j l \ h X c b h i Y Y d h U W c Z k \ U h h Y m Y U h c f h Y j f U M j j h n **T or F**
10. You need to join a gym to lose weight and keep it off. **T or F**

See answers on back panel



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