

# Weight management

Your body is your temple.



Studies have drawn a parallel between increased weight and the increase of hours spent watching television. This phenomenon is accredited to decreased physical activity and the “semi-conscious munching” of snack foods that often accompanies television watching.

Source: University of Cincinnati, 2006.

Recent statistics show that up to 66 percent of the U.S. population is overweight or obese. What's more, about 80 percent of African American women and 67 percent of African American men age 20 or older are overweight or obese.

Excess body weight, usually resulting from inactivity, is a major health concern that can lead to increased risk of high blood pressure, gallbladder disease, adult onset diabetes, high cholesterol, some types of cancer, the decrease of muscle strength and the development of osteoarthritis in weight-bearing joints such as the knee. Also, if you have too much body fat – especially around your waist – you have a greater risk of heart disease and stroke.

Comparison Chart	
Lean People	Overweight People
Don't go on and off diets.	“Yo-yo” diet. Each attempt to lose weight is associated with a lower rate of weight loss and a faster rate of regain.
Consume a lower percentage of fat in their diet.	Consume a higher percentage of fat in their diet.
Consume a higher percentage of complex carbohydrates in their diet.	Consume a lower percentage of complex carbohydrates in their diet.

Even the smallest amount of weight loss can help improve your overall health. Start by making small, realistic changes and soon you'll be on the road to a healthier you.

Does your lifestyle contribute to weight gain?			
1.	Do you read food labels to determine the number of saturated fat grams?	Yes	No
2.	Do you try to avoid foods high in saturated fat?	Yes	No
3.	Do you limit sweet treats to one low-fat serving per day?	Yes	No
4.	Do you eat at least two to three cups of vegetables a day?	Yes	No
5.	Do you eat whole grain breads, rice, pasta, cereal?	Yes	No



Increased blood pressure and blood cholesterol levels due to excess weight can make you more likely to develop diabetes. That's a triple whammy, making your overall risk even greater.

Source: American Heart Association, 2007.

Does your lifestyle contribute to weight gain?			
6.	Do you eat at least three pieces of fruit a day?	Yes	No
7.	Do you use low-fat or nonfat toppings?	Yes	No
8.	Do you limit your alcohol consumption to two or fewer drinks a day?	Yes	No
9.	Do you use the stairs instead of the elevator or escalator when possible?	Yes	No
10.	Do you like to work outdoors (e.g., gardening)?	Yes	No
11.	Do you participate in active recreation like bowling, dancing or golf?	Yes	No
12.	Do you participate in cardiovascular exercise activity four to five times a week?	Yes	No
13.	Do you perform strength-training exercise two to four times a week?	Yes	No

**Results:**

**If you score 10 or more “Yes” answers =** Congratulations. You are paying close attention to your health.

**Seven to nine “Yes” answers =** Concentrate on changing “No” answers to “Yes.”

**Six or fewer “Yes” answers =** We recommend that you see a registered dietitian.



**For healthy recipes, exercise tips and more information about our Generations of Wellness<sup>SM</sup> program, visit [www.uhgenerations.com](http://www.uhgenerations.com)**

Source: American Heart Association  
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