

Exercise is important to weight loss

American College of Sports Medicine (SCSM) recommends that by doing aerobic exercise at least 3 to 4 times weekly including jogging, running together with resistance training can promote weight loss

Healthy lifestyle + - x ÷

- + Have a food and exercise diary to understand well on your eating and exercise habits or mood swings.
- Reduce your sedentary habits including using escalators or lifts
- x Double or triple your time on standing. Try to walk 15 to 30 minutes after meals
- ÷ Clear your unhealthy lifestyle including skipping breakfast, binge eating or eating

The sensible answer to losing excess body fat is to make small healthy changes to your eating and exercise habits. These changes should be things that you can maintain as part of your lifestyle – that way you will lose weight and keep it off.

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Weight Management Principle



Health Information

Are you at a healthy weight?

Maintaining a weight that is appropriate for your height. Check this with your dietician and doctor

1. Body Mass Index (BMI)

◆ A simple index to classify underweight and overweight

$$\text{BMI (kg/m}^2\text{)} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

	BMI (kg/m ²)	
	Caucasian	Asian
Underweight	<18.5	<18.5
Normal	18.5—24.9	18.5—22.9
Overweight	25—29.9	23—24.9
Obese	≥ 30	25—29.9
Extremely Obese	≥ 40	≥ 30

Source: Adapted from WHO 1995, WHO 2000, WHO 2004 & WHO Western Pacific Region Office reference for Asian Adults 2000

2. Body Fat Distribution

	Male	Female
Desirable body fat distribution	14-23%	17-27%

3. Waist circumference Indicate you central fatness

Desirable level	Male	Female
Asian	90 cm or less (35.5 inches)	80 cm or less (31.5 inches)
Caucasian	102 cm or less (40 inches)	89 cm or less (35 inches)

Source: Adapted from WHO 2000

Being overweight and obese affect your health

If you are overweight or obese, you may develop:

- * Heart diseases
- * Stroke
- * Diabetes
- * Hypertension
- * Sleep Apnea
- * Osteoarthritis
- * Some Cancers
- * Infertility

Your realistic weight goal



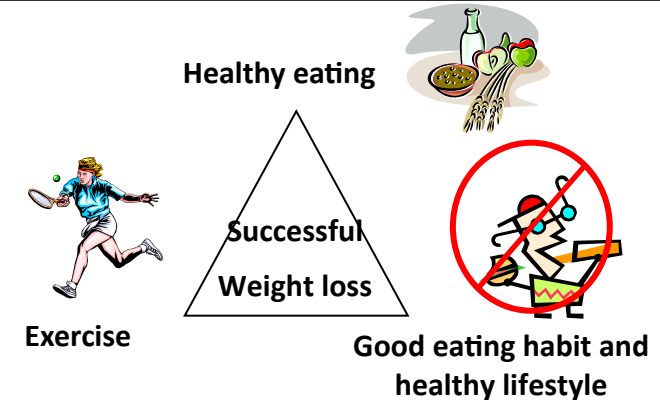
Your reasonable and achievable target weight is to **lose 5 to 10% of your current weight in 3 to 6 months.**

Example: Current weight : 100 kg

Target weight:

$$100\text{kg} - (100 \times 10) \% = 90\text{kg}$$

Weight loss – A healthy approach



Good eating habit is essential!

- * Eating regular meals at regular times, snack between meals
- * Eat according to food guide pyramid
- * Eat less fat (animal fat) including full cream milk, butter, ice cream, coconut, processed meat and chips
- * Eat less sugary foods including chocolates, candies, sugary drinks and soft drinks
- * Eat foods high in fibre
- * Use less oil in cooking