

# Weight Management

## and heart health

**20%** Excess weight can mean you are at a 20% greater risk of a heart attack

**10%** Losing 5 to 10% of your body weight will improve your heart health.

### How to Reduce Excess Weight

#### Diet



#### Healthy Eating

Eat three healthy meals a day, four to six hours apart



#### Smaller Portions

Reduce your portion sizes for both meals and snacks



#### Reduce Sugar

Cut down on sugary beverages and fruit juices – choose water or unsweetened juices



#### Lower Fat and Salt

Choose food that is low in fat, salt and sugar



#### Fresh Foods

Eat less processed food and pre-packaged foods and more fruit and vegetables



#### Plan Meals

Make your own healthy school or work lunches at home

#### Exercise

**1** Aim for at least 30 minutes of moderate-intensity activity **5 times a week**

**2** Burn **300 to 500 calories** a day

**3** Build muscles by doing **strength-building exercise** such as squats, lunges and push ups

**4** **Exercise with friends** and family – you'll be more motivated and it's more fun!

**5** Playing, walking, housework, dancing – **they all count!**

**6** During cardio, introduce short intervals of **high intensity** to vary your heart rate

**7** Be more **active every day** – take the stairs, walk or cycle instead of driving

**8** Download an **exercise app** or use a pedometer to keep track of your progress

### Be patient

#### It is not easy to lose weight and keep it off

Try to do it with a friend or family member to provide you with the support you need. It will take around six months for better lifestyle behaviours to become habits to don't give up until you reach your goal.



## Healthy Eating

Eat three healthy meals a day, four to six hours apart



## Smaller Portions

Reduce your portion sizes for both meals and snacks



## Reduce Sugar

Cut down on sugary beverages and fruit juices – choose water or unsweetened juices



## Lower Fat and Salt

Choose food that is low in fat, salt and sugar



## Fresh Foods

Eat less processed food and pre-packaged foods and more fruit and vegetables



## Plan Meals

Make your own healthy school or work lunches at home

## Excercise

1



Aim for at least 30 minutes of moderate-intensity activity  
**5 times a week**

2



Burn **300 to 500 calories** a day

3



Build muscles by doing **strength-building exercise** such as squats, lunges and push ups

4



**Exercise with friends** and family – you'll be more motivated and it's more fun!

5



Playing, walking, housework, dancing – **they all count!**

6



During cardio, introduce short intervals of **high intensity** to vary your heart rate

7



Be more **active every day** – take the stairs, walk or cycle instead of driving

8



Download an **exercise app** or use a pedometer to keep track of your progress