



## HERE'S TO A SLIM AND TRIM NEW YEAR!

“Weight creep” refers to the seemingly harmless weight gain of about 1.5 – 2 pounds per year. Look around and you can see it. You may even have experienced it this past year! Weight creep, left unchecked, contributes to the conditions of overweight and obesity. The Centers for Disease Control and Prevention reports that 64.5% of the U.S. adult population is either overweight or obese. The very existence of overweight and obesity conditions, with their associated complications, contributes not only to higher health care costs and loss of productivity but also costs lives. Alarmingly, each year in the United States alone, approximately 400,000 adult deaths may be attributed to obesity (diet and inactivity). That’s just a fraction behind tobacco use as the leading cause of death (435, 000 deaths).

Active duty AF members experience weight creep at a rate similar to that of the nation. The implications of this extra body weight extend into all areas of life—health, fitness, overall wellness and force readiness.

Frequently at the holiday season, weight creep takes a quantum leap. In fact, half of all weight gained during the year takes place during the holidays. As can be expected, many individuals formulate New Year’s resolutions that involve losing weight and getting in shape. While most New Year’s resolutions begin with good intentions, without the right tools, motivation wanes so it is difficult to get the job done.

Many times, New Year’s resolutions include the words “never, always, immediately, must”. Those absolutes may be setting you up for failure! This year, rather than establishing resolutions without a planned approach, get involved with your base Health and Wellness Center

(HAWC) and learn practical, safe tips and tools to help you get a handle on your weight. Here are a few points to help you set realistic goals to achieve and maintain a healthy weight:

- Think small and be specific. Only make one or two serious resolutions. Rather than saying you will “lose weight”, indicate the amount of weight and the time period.
- Try to make small, gradual changes not drastic makeovers to your lifestyle patterns. This approach can help you achieve sustainable improvements. Remember, regular exercise along with a sensible diet is key to weight management.
- Take your resolution seriously. Take some time to think about it and commit.
- A slip is not a fall. Keeping a New Year’s resolution is not an all-or-nothing proposition. Don’t blame or punish yourself.
- Develop a plan of action. The more prepared you are, the better chance for success.

The HAWC is equipped with a knowledgeable staff, and programs to get you started on the right foot. Call them for more information on sustaining your New Year’s resolution.

Remember... Unwanted weight gain *can* be prevented by consistently applying and using positive lifestyle behaviors such as healthful eating and physical activity!

Be Informed!!!

It’s Up To You!!!

***Shape Your Future... Your Weigh!™***