Health care provider cheat-sheet
for talking with clients on healthy weight management

What is Healthy Weight Management?

- Distinct from “weight loss” in that it is lifelong and focused on health, not the short-term numbers
- Everyone should aim to adopt healthy nutrition habits, exercise habits, sleep habits and stress management techniques
- Halting weight gain is a successful outcome
- If overweight or obese, once weight is stabilized, an appropriate goal is 5-10% weight loss over 6 months, followed by stabilization.
- NOT about getting down to “normal weight”

1. Work on your own healthy weight management every day
2. Do not focus on BMI, pounds to lose or calories. Focus on BEHAVIOR CHANGES. People can be fit and healthy at any size.
3. Talk about healthy behaviors with every patient – pick one behavior to bring up each month
4. Work with your patient/client to set realistic goals for behavior change that are specific, realistic, and gradual
5. Positive goals are easier than negative goals (it’s easier to start something than stop something).
   a. “I will choose water instead of other beverages at least 3 times a day” instead of “I will stop drinking soda”.
   b. “I will march and do arm exercises whenever I watch TV” instead of “I will stop watching TV”
6. Consider addressing weight management in the following order of priority
   a. Aim for 7-9 hours of sleep every night
   b. Work to reduce stress through relaxation exercises, meditation, focusing on gratitude and joy
   c. Pay attention to the beverages you consume. Aim to drink only water and unsweetened coffee and tea
   d. Practice NEAT every day
   e. Eat breakfast every day (with some protein and some fiber)
   f. Eat more vegetables and fiber (whole grains and beans)
   g. Start an exercise regimen, or increase what you are doing to 1 hour 5 days a week including strength training