**Semester 2 (Generic Elective)**

**Department of Physical Education**

**OBESITY MANAGEMENT**

**Unit 3.2** **Principles of Weight management**

When it comes to losing weight, the details don’t matter much. It’s the principles that count. Principles are at the core of every good diet plan. While there appears to be no single right way to eat for health and weight loss, one need to be aware of the following basic principles.

**Calculate Calorie Count**

The first and most important principle for weight management, and weight loss is calculating the number of calories that one need to consume in a day.  Water, fruits, vegetables and dietary fiber are non-caloric food and has low caloric density.  Whereas, processed foods are calorically dense. So, Caloric density calculation is important for those seeking to lose weight. The more foods you add to your diet, the harder it will be for you to keep track of all the calories you are consuming. Simple ingredients and dishes are the best way for weight management and weight loss.

**Nutrient timing**

Morning is a time of relatively high caloric demand. Calories consumed in the morning are more likely than calories consumed later in the day to be used for energy than stored as fat. In fact, a study from the University of Massachusetts found that those who regularly skip breakfast are 4.5 times more likely to be overweight than those who eat it most mornings. Also**,** eating smaller meals more frequently (five or six times a day) is another proven way to better coordinate food intake with energy needs.

**Regular physical activity**

Increased physical activity is an essential component of a weight-management. It can be difficult to be physically active in every area of a person's life, due to things like occupation, physical fitness level, and living environment, but increasing physical activity whenever possible can help offset times of inactivity and can lead to better weight management and overall health.

Strength training should be a crucial part of the weekly routine. Building lean muscle by lifting weights will not only burn some fat but also give more strength.

Practicing yoga helps to control body weight. It can develop mindfulness and make one more [conscious](https://www.healthline.com/nutrition/mindful-eating-guide) of how different foods affect mind, body, and spirit.

**Self-Monitoring**

Research has shown that simply paying attention to what you eat is one of the more effective ways to reduce your caloric intake. BMI (Basal Metabolic rate) is an effective way to monitor the weight. One can put in the gender, age, weight and height in the BMI calculator and it will display the results. This is a healthy way to lose weight and maintain it. If the BMI shows over weight, one can just be conscious of the food consumed by them on daily basis.

**Consistency**

Healthy eating is not like a vaccine, one shot and you’re covered for life. Instead it requires a daily, lifelong commitment. There is growing evidence that the more consistent you are in your wholesome eating habits, the greater your chances of maintaining a healthy body weight.

**Motivation**

Internal motivation is important for weight management. Certain types of triggers for weight loss are more likely to yield long-term success than others. For example, the people who have medical triggers for their weight loss are more successful in the long term than people who don’t. Also, those who are motivated to look attractive are successful in weight management.

**Diet**

Eat a balanced diet that is primarily composed of:

* A diverse selection of vegetables – like dark and leafy greens, red and orange vegetables, legumes (beans and peas)
* Whole fruits
* Whole grains
* Low fat and fat free dairy products – like milk, yogurt, and cheese
* Foods high in protein like lean meats, seafood, poultry, eggs, and legumes, nuts, seeds, and soy products.

**Lifestyle modifications**

Some lifestyle modifications to be included are like eating only regularly scheduled meals; doing nothing else while eating; consuming meals only in one place (usually the dining room) and leaving the table after eating; shopping only from a list; and shopping on a full stomach, parking the vehicle at a far distance so as to increase the walk time to reach the desired destination, use of stair case instead of elevators or lifts. These changes once implemented in life can help to manage weight.

**Stay away from Stress**

Stress can have serious impact on weight management. A stressful event like the loss of a loved one, a divorce, or a financial crisis may lead to weight change. Unfortunately, all of this [excess stress](https://www.healthline.com/health/stress) can lead to an increase in weight. And whether the extra weight is a result of overeating and unhealthy food choices, or your body’s response to increased levels of cortisol, getting a handle on stress is a priority if one wants to prevent stress-related weight gain. Studies have shown that our body metabolize slower under stress.

**Regular Body check up**

Regular health check-up by a qualified doctor will help an individual to determine how much weight one need to lose and what health conditions or risks one already have. Hormonal imbalance that may occur due to lifestyle habits and environmental factors effects bodily functions and its diagnosis at the right time can help in treatment decisions and assist in weight management.

**Avoid Alcohol and smoking**

Not only is alcohol high in calories, but it is also often an intense trigger to smoke. Alcohol dehydrates the body. When the body is dehydrated, skin and vital organs try to hold onto as much water as possible, leading to puffiness. Avoid it as much as possible for weight management.