

## Ten ways to maintain or achieve a healthy weight

- 1. Set realistic goals.** Focus on losing a small amount of weight first.
- 2. Incorporate physical activity into your daily life.** Every bit of exercise counts! Take a walk on your lunch break, take the stairs instead of the elevator, get off the train or bus one stop earlier and walk, and go on a family walk or bike rides.
- 3. Incorporate weight training as part of your exercise routine.** The more muscle mass you have, the more calories you burn, even after you stop exercising.
- 4. Eat three small meals and two healthy snacks per day.** Start the day off with a healthy breakfast.
- 5. Plan ahead.** Brown bag a healthy lunch that includes fruits and vegetables.
- 6. Avoid fad diets.** Diets that allow only one food or cause quick weight loss usually don't work in the long run. Losing one or two pounds a week is healthier and you will be more likely to keep the weight off with a well balanced diet.
- 7. Drink 5-8 glasses of water each day.** If you don't drink enough water, you can feel sluggish and tired, which makes it harder to exercise and stick with healthy eating. Avoid sugar-laden drinks that pour on weight.
- 8. Get support.** Exercise with friends and/or family.
- 9. Weigh yourself once a week.** Don't let the numbers on the scale control your emotions each day.
- 10. Don't give up if you have a setback.** Keep at it!

## Help for you!

For free fitness and walking program information from the New York City Department of Parks and Recreation, please go to the following websites:

[www.nycgovparks.org](http://www.nycgovparks.org)

and then click on BeFitNYC and Walk NYC

Sugar - sweetened beverages are the single greatest contributor to obesity. To learn more about how to make better beverage choices, please go to the following website from the New York City Department of Health:

[www.nyc.gov/health/drinkingfat](http://www.nyc.gov/health/drinkingfat)

Information regarding calculating your BMI (body mass index), healthy eating, and physical activity for adults, teens and children can be found on website listed below from the Centers for Disease Control and Prevention:

[www.cdc.gov/healthyweight/healthy\\_eating/](http://www.cdc.gov/healthyweight/healthy_eating/)

**Lighten Up Brooklyn is a health initiative of Brooklyn Borough President Marty Markowitz**



**For more information please visit our website: [www.brooklyn-usa.org](http://www.brooklyn-usa.org) or call: 718-802-3875**

Lighten Up Brooklyn is graciously supported by Boar's Head Brand



For healthy recipes check out their website: [www.boarshead.com](http://www.boarshead.com)

## Weigh-In Week July 21-28



**2010  
BOROUGH PRESIDENT  
MARTY MARKOWITZ**

## WEIGH-IN LOCATIONS

**WEDNESDAY, JULY 21 — 12-2PM**

Borough Hall Plaza, Remsen & Court Streets

**THURSDAY, JULY 22 — 5-7PM**

36th Street & 5th Avenue

**FRIDAY, JULY 23 — 5-7PM**

86th Street/4 Avenue

**SATURDAY, JULY 24 — 12-2PM**

Boardwalk & W.12th

**SUNDAY, JULY 25 — 12-2PM**

Gateway Shopping Center

**MONDAY, JULY 26 — 5-7PM**

1368 Fulton Street

**TUESDAY, JULY 27 — 5-7PM**

2161 Nostrand Avenue

**WEDNESDAY, JULY 28 — 5-7PM**

13th Avenue & 48th Street

**Hello Brooklyn,**

Long before “The Biggest Losers,” “Celebrity Fit Club” or any of the other TV weight loss programs, there was “Lighten Up, Brooklyn,” nine years running, and our way of helping Brooklynites get a “reality check” on their current weight.

Everyone knows that a person’s weight is an important indicator of health. And that’s why learning your ideal weight—and working to maintain or achieve it—should be everyone’s goal.

As someone who never met a pastrami sandwich or a piece of cheesecake I didn’t like, I speak from experience. Nine years ago I thought: how can I help Brooklynites like me maintain a healthy weight?

For this year’s Lighten Up Brooklyn campaign, which runs all week, we’ll have “weigh-in” stations throughout the borough where you can get tips on healthy eating, learn the healthy weight for your height, pick up a tee shirt and find out about free walking programs in your area. You can even step on the scale for your own reality weight check, but don’t worry; the only one who needs to know your weight is YOU!

Brooklyn is facing a real epidemic of obesity: one of six New York City adults is obese, and the rates go up to 30% in some Brooklyn communities. Child obesity is especially high with one out of every five kids being overweight! And as I say every year, it’s not about being skinny, it’s about being fit.

So remember, you’ll be one step closer to your ideal weight and a long and healthy life when you join me to Lighten Up, Brooklyn!

Best,  
  
 Marty Markowitz



**Your Weight**

Male		Female	
Height	Ideal Weight	Height	Ideal Weight
4' 6"	63-77 lbs.	4' 6"	63-77 lbs.
4' 7"	68-84 lbs.	4' 7"	68-83 lbs.
4' 8"	74-90 lbs.	4' 8"	72-88 lbs.
4' 9"	79-97 lbs.	4' 9"	77-94 lbs.
4' 10"	85-103 lbs.	4' 10"	81-99 lbs.
4' 11"	90-110 lbs.	4' 11"	86-105 lbs.
5' 0"	95-117 lbs.	5' 0"	90-110 lbs.
5' 1"	101-123 lbs.	5' 1"	95-116 lbs.
5' 2"	106-130 lbs.	5' 2"	99-121 lbs.
5' 3"	112-136 lbs.	5' 3"	104-127 lbs.
5' 4"	117-143 lbs.	5' 4"	108-132 lbs.
5' 5"	122-150 lbs.	5' 5"	113-138 lbs.
5' 6"	128-156 lbs.	5' 6"	117-143 lbs.
5' 7"	133-163 lbs.	5' 7"	122-149 lbs.
5' 8"	139-169 lbs.	5' 8"	126-154 lbs.
5' 9"	144-176 lbs.	5' 9"	131-160 lbs.
5' 10"	149-183 lbs.	5' 10"	135-165 lbs.
5' 11"	155-189 lbs.	5' 11"	140-171 lbs.
6' 0"	160-196 lbs.	6' 0"	144-176 lbs.
6' 1"	166-202 lbs.	6' 1"	149-182 lbs.
6' 2"	171-209 lbs.	6' 2"	153-187 lbs.
6' 3"	176-216 lbs.	6' 3"	158-193 lbs.
6' 4"	182-222 lbs.	6' 4"	162-198 lbs.
6' 5"	187-229 lbs.	6' 5"	167-204 lbs.
6' 6"	193-235 lbs.	6' 6"	171-209 lbs.
6' 7"	198-242 lbs.	6' 7"	176-215 lbs.
6' 8"	203-249 lbs.	6' 8"	180-220 lbs.
6' 9"	209-255 lbs.	6' 9"	185-226 lbs.
6' 10"	214-262 lbs.	6' 10"	189-231 lbs.
6' 11"	220-268 lbs.	6' 11"	194-237 lbs.
7' 0"	225-275 lbs.	7' 0"	198-242 lbs.

**Ramifications of Excess Weight:**

**Type 2 Diabetes:** Being overweight may make cells less efficient at using sugar from the blood. This then puts stress on the cells that produce insulin and makes them gradually fail.

**Heart disease and stroke:** People who are overweight are more likely to suffer from high blood pressure, high levels of triglycerides (blood fats) and harmful LDL cholesterol, and low levels of beneficial HDL cholesterol. Additionally, people with more body fat have higher blood levels of substances that cause inflammation, which may raise the risk of heart disease.

**Cancer:** Excess weight may account for 14 % of all cancer deaths in men and 20% of those in women. Being overweight or obese raises the risk of colon, breast, endometrial and gallbladder cancers.

**Life Expectancy:** Obesity kills. Researchers attribute 112,000 to 280,000 deaths every year to excess weight.

**Depression:** The emotional toll on an individual who is overweight can lead to depression and other psychological problems.

**Coronary Heart Disease (CHD):** This is a condition in which a substance called plaque builds up inside the coronary arteries. These arteries supply oxygen-rich blood to your heart. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. Plaque can narrow or block the coronary arteries and reduce blood flow to the heart muscle. This can cause angina or a heart attack. As your body mass index (BMI) increases, so does your risk of having CHD and a heart attack. Obesity also can lead to heart failure. This is a serious condition in which your heart can't pump enough blood to meet your body's needs.

Courtesy of Rush University Medical Center