

A HEALTHY BALANCE...

Losing Weight for More Energy and Better Health

Your health matters to us...both during your procedure and after you leave our office. That's why we're providing these helpful tips for achieving (and maintaining!) a healthy weight. A healthy weight is the best medicine: it can lower your risk of gastro problems, heart disease, stroke, diabetes, high blood pressure, and cancer. It also boosts energy levels, improves your mobility, lifts your mood, and enhances your self-confidence.



A TRADITION OF CARE & TRUST

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Nutritious Eating + Physical Exercise = Healthy Lifestyle!

IT ALL ADDS UP: Losing weight works best when your focus is on a healthy lifestyle. Sure, you may get fast results on a fad diet-of-the-week, but they won't last for long. A healthy lifestyle is all about eating a wide variety of nutritious and tasty foods, exercising regularly, and balancing the number of calories you eat with the number of calories your body uses.

Nutritious Eating: It's a Lifestyle, Not a Diet (and it should be delicious!)

According to ChooseMyPlate.gov, small changes make a big difference. At every meal, fill half your plate with fruits and vegetables, and split the other half evenly between whole grains and protein. Remember to include low- or no-fat dairy. Don't eat the same-old "diet" foods—getting bored with your nutrition plan is a surefire way to fail. Plan to succeed with these good ideas:

- **Fresh, frozen, or canned fruits**

Don't limit yourself to just apples and bananas! Try some exotic fruits as well: mango, pineapple, kiwi, and berries. Can't find fresh fruit? No problem, go for frozen or canned. Just make sure canned fruits are packed in water or their own juice.

- **Fresh, frozen, or canned vegetables**

Try something new! Grilling or oven-roasting, sauteing with a little pan spray and fresh herbs, or stir-frying with spices are great ways to amp up the flavor of fresh vegetables. On the go? Steaming or microwaving canned or frozen veggies are a quick and filling side dish. Choose canned veggies with no added salt, butter, or cream sauces.

- **Calcium-rich foods**

Along with the typical glass of low- or no-fat milk, include low- and non-fat yogurts without added sugar. Boost the flavor by adding fresh fruit...perfect for a sweet tooth! Think outside of the box: kale, collards, spinach, canned salmon, almonds, some seeds, and cheese are good sources of calcium too.

- **Think about new twists on old favorites**

If a favorite recipe calls for frying fish or breading chicken, try grilling or baking instead. Consider substituting beans for your protein every now and then. Have fun researching healthy, flavorful recipes in cookbooks and on the Internet.

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Thanks for making Jordan & Associates Gastroenterology your GI partner. Together, we can make a positive difference in your health and well-being!

For more information, visit ChooseMyPlate.gov or www.cdc.gov/healthyweight, or call 1-800- CDC-INFO.

Get Moving: Physical Activity Works!

Regular physical activity is important to a healthy weight. Physical activity increases the number of calories you burn. Eating fewer calories + calorie-burning activity = healthy weight loss!

Do I Have to “Exercise?”

Only if you like it! Physical activity can be anything: walking, biking, swimming, gardening, playing with the kids, shoveling snow, jogging, skiing, exercising in a class, and playing sports. It's recommended you work your way up to a weekly regimen of: 150 minutes of moderate aerobic activity (your breathing and heart rate are faster, but you can still talk).

OR 75 minutes of intense activity (increased heart rate and breathing that makes it hard to have a conversation).

OR a mix of the two.

Everyone is different when it comes to the amount of physical activity they need for healthy weight loss. Check with your doctor before starting a new fitness regimen.

The Benefits of an Active Life

Physical activity pays off big, helping you:

- Maintain your weight.
- Reduce blood pressure.
- Lower your risk of heart disease, stroke, type 2 diabetes, and cancer.
- Decrease arthritis pain and osteoporosis (and the risk of falls).
- Relieve the symptoms of depression and anxiety, and maybe even prevent the onset of dementia and Alzheimer's disease.



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