

## The Facts

- ◆ Nearly 2/3 of adults in America are overweight or obese.
- ◆ Obesity is a major health risk for diabetes, heart disease, stroke, hypertension, gall bladder disease and some forms of cancer.
- ◆ A modest weight loss of 10% can decrease health risks and improve blood pressure, glucose levels and cholesterol levels.
- ◆ There is no biological reason to suggest that weight should increase as a person ages.
- ◆ Appropriate percentage of body fat:  
Women over 30: 20-27%  
Men over 30: 17-23 %

## What Causes Weight Gain?

### Genetic Factors

Families share genes and body types.

### Family Diet & Lifestyle Habits

What and how much you eat. Activity level.

### Toxic Environment

Food commercials, fast food, larger portions.

### Psychological Factors

Eating in response to negative emotions.

### Rare Physical Dysfunctions And Inherited Diseases

Hypothyroidism, Cushing's Syndrome, and Depression.

## Comprehensive Strategies for Successful Weight Loss

Individual nutrition counseling that incorporates dietary changes, physical activity, and behavior changes results in the greatest amount of weight loss over the first six months. After that, weight loss tends to level off unless diet and activity are adjusted to the new body size.

Studies of successful "losers" show that if you stop working any portion of the program, there is a tendency to regain about 2/3 of the weight loss within one year and almost all by five years. Consider your weight loss a lifetime commitment to healthful living.

### DIETARY CHANGES

A personalized meal plan will be developed in consideration of your food preferences, lifestyle, and calorie needs. Your percent of body fat will be measured and monitored. You will learn about reading food labels, proper portion sizes, healthy cooking techniques, nutritious snacks, dining out and traveling light.

### PHYSICAL ACTIVITY

Exercise increases the number of calories your body burns, boosts your metabolic rate and increases your lean body mass. The more muscle and less fat you have, the more energy (calories) your body will use. Exercise has other benefits independent of weight loss such as increased HDL cholesterol and improved emotional well-being.

### BEHAVIOR MODIFICATION

You will keep a daily food & activity diary and your weight should be recorded weekly for self-monitoring. You will learn about stress management, eliminating cues for eating, positive behavior changes and the need for family and friends' support. Positive reinforcement with non-food rewards is encouraged.

## Top Ten Reasons Why Diets Fail

1. **Emotional eating**
2. **Lack of a social support system**
3. **Setting unrealistic goals**
4. **Ignoring exercise**
5. **Not self-monitoring weight and food diary.**
6. **Overestimating portion sizes**
7. **Focusing on "carbs" alone**
8. **Choosing a diet plan that is too restrictive and makes you feel trapped or depressed**
9. **Lacking the right motivation**
10. **Short term commitment with a desire for quick weight loss**

## *Linda's Philosophy*

- ◆ Pounds aren't the problem. Unhealthy lifestyle patterns are.
- ◆ What you eat is not as important as why, when, and how much you eat.
- ◆ You have your own optimal weight that is influenced by genetics, body structure, pregnancy history, and age.
- ◆ Bad habits didn't develop overnight and neither will new healthful habits.
- ◆ Focus on fat loss and not weight loss.
- ◆ Restrictive diets don't work and can disturb the body's metabolism.
- ◆ Good nutrition, exercise, and behavior changes are the winning combination for a lifetime of weight management.

## *How To Schedule an Appointment*

1. Call Linda Farr at (210) 735-2402  
9:30 – 6 Monday – Thursday  
9:30 – 4 Friday
2. Schedule an appointment that fits your availability. Parking is free.
3. Payment may be made by cash or check.

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# *Linda Farr*

*Registered & Licensed  
Dietitian*

*“The Nutrition Expert  
to Trust”*



*Safe & Successful  
Weight Loss  
for Adults and Teens*

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