



November, 2016

Healthy Weight Month

Eat better, move more, and reduce your screen time

Healthy Weight Basics

Maintaining a healthy body weight is important to staying healthy. As people gain weight, their risks for high blood pressure, diabetes, high blood cholesterol, and heart disease all increase.

For adults, preventing weight gain as you age is critical, no matter your current body weight. People who are overweight or obese may need to lose weight to improve their health.

Your body mass index or BMI is a measure of how much you weigh compared to how tall you are.

Knowing your BMI helps you find out if you are at a healthy weight for your height.

Changing the way you approach controlling your weight can help you be more successful at weight management.

Setting the right goals and focusing on

Body Mass Index

BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Source: Nhlbi.nih.gov



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Action Steps: Healthy Lifestyle Changes



Watch Your Diet

To prevent weight gain, you'll want to choose foods that supply you with the appropriate number of calories to maintain your weight. This number varies person to person and depends on many factors.



Get Moving

By adding more physical activity to your day, you'll increase the amount of calories your body burns. This makes it more likely you'll maintain a healthy weight.



Self-Monitor

You may also find it helpful to weigh yourself on a regular basis. If you see a few pounds creeping on, take the time to examine your lifestyle. This will help you catch small weight gains more quickly.

November 2016 Recipe

This simple but elegant weeknight meal packs 17 g of fiber and only 158 calories. Recipe yields 4 servings.

1 serving = 3 oz cod and 1.5 cups broth.

Ingredients:

- 1 Tbsp butter
- 2 C leeks, split lengthwise, sliced thin, and rinsed well
- 3 medium carrots, rinsed, peeled, and cut into thin sticks
- 4 red potatoes, rinsed and sliced into 1/2-inch thick circles
- 2 C low-sodium chicken broth
- 2 Tbsp fresh parsley, rinsed, dried, and chopped
- 12 oz cod fillets, cut into 4 portions
- 1/2 tsp salt
- 1/4 tsp ground black pepper

Braised Cod with Leeks



Instructions:

Heat butter in a large sauté pan. Add leeks and carrots, and cook gently for 3-5 minutes, stirring often, until the vegetables begin to soften.

Add potatoes, chicken broth, parsley, salt and pepper, and bring to a boil over high heat. Reduce heat and simmer gently until the vegetables are just tender, about 10-12 minutes.

Add cod fillets and cover with a tight-fitting lid. Continue cooking over low heat for an additional 5 minutes or until the fish is white and flakes easily with a fork in the thickest part (to a minimum internal temperature of 145° F).

Serve each cod fillet with 1.5 cups broth and vegetables.

Source: Healthyeating.nhlbi.nih.gov