



Today we discuss... Weight Management

Maintaining a healthy weight can be tough - and losing weight, even tougher.

Weight Management is a long-term approach to a healthy lifestyle. It includes a balance of healthy eating and physical exercise. It does not include fad diets that promote quick, temporary weight loss. It focuses on the long-term results that are achieved through slow weight loss, followed by retention of an ideal body weight for age, sex and height.

The key to successful weight loss is to focus on a comprehensive healthy lifestyle approach rather than being on a "diet or fad diet". This will improve the psychological impacts of healthy eating, whilst avoiding the unappealing phenomenon known as the

"diet merry go round".

A healthy and sustainable weight loss approach aims to achieve a minimum of 0.5kg to 1kg of weight reduction per week, with a greater emphasis placed on waist measurement reduction. Gradual, ongoing weight loss will provide significant benefits for your weight and your well-being.

Rather than making radical changes to existing eating habits, the key is to create gradual life-long changes that suit your taste and lifestyle, whilst maintaining all your nutritional requirements.

It is a good idea to talk to your doctor or pharmacist about your weight as well as any underlying health problems that may be associated with being overweight or underweight.

Your doctor will be able to not only assess your weight and confirm your Body Mass Index, but will also be able to check things like your blood pressure, blood sugar levels, kidney function, etc. This will provide valuable feedback about whether or not you already have the onset of some of the health conditions normally associated with being overweight.

By assessing all of these things, your doctor will be able to assist you in setting realistic short and long term weight goals and advise you of any conditions you have that will influence how you should go about losing weight.

The Dangers of Ignoring Weight Loss; Overweight and Obesity has rapidly increased over the years, contributing to major chronic health conditions such as insulin resistance and diabetes, heart disease, arthritis, blood pressure, and cancer. Whilst escalating rates of obesity amongst adults is a great concern, even more alarming is the increase in obesity in children.

Lifestyle factors such as an increase in the consumption of excessively high calorie/kilojoule foods, in combination with a decrease in physical activity, have significantly contributed to the rising rates of overweight and obesity issues.

Weight loss prevents high blood pressure, heart disease, stroke and type 2 diabetes. Weight loss helps reduce your risk for cancer.

For more information on weight management, visit;
http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Weight_loss_a_healthy_approach

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