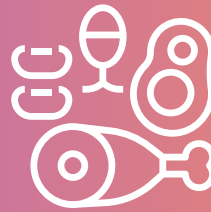


# WEIGHT LOSS FOR SENIORS



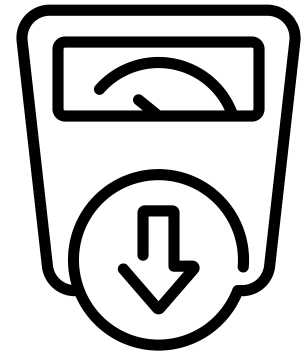
It's easier to gain weight and harder to lose as you get older. Now for the good news: It's possible to shed pounds. You just might need to tweak your approach. Losing weight is tough, but achieving a healthy weight is a worthwhile goal for everyone. Reaching and maintaining a healthy weight is important for overall health and the prevention of various "lifestyle" diseases.

## Causes of Weight Gain:

- Big shift in basal metabolic rate
  - around age 60 rate naturally declines
- Decreased muscle mass
- Hormones during menopause
  - cause redistribution of fat
  - gains in the belly and hips

## Dietary Steps to Help with Weight Loss:

- Focus on eating more nutritious foods
  - Slowly eliminate unhealthy foods
- Eat smaller portions
- 4-6 small meals
  - Instead of eating 1 or 2 larger meals
- Eat more protein; 25 to 35 grams at every meal
  - Helps keep muscles fueled to boost calorie burning



### 25 grams of Protein:

- 3 ounces of roast turkey or chicken
- 3 ounces of skinless chicken breast
- 4.2 ounces of salmon
- 2/3 can of tuna
- 2 cups low-fat yogurt or 1.5 cups Greek yogurt
- 1 cup cottage cheese
- 4 string cheese sticks
- 2 cups black beans
- 3 ounces pork chop
- 1.5 cups edamame

### Exercise:

- Aerobic or cardio (also known as endurance exercise)
- Flexibility
- Strength or resistance exercises
- Balance training
- Strength training
  - helps build muscle mass to burn more calories

Complied by Community Vitality & Health  
Extension Educator Vicki Hayman



UNIVERSITY  
OF WYOMING

Extension  
Weston County