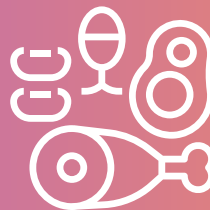


WEIGHT LOSS FOR SENIORS



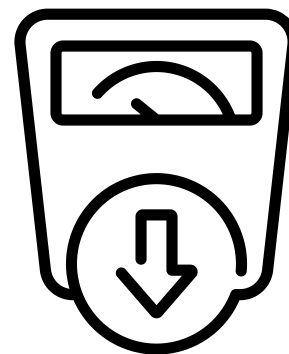
It's easier to gain weight and harder to lose as you get older. Now for the good news: It's possible to shed pounds. You just might need to tweak your approach. Losing weight is tough, but achieving a healthy weight is a worthwhile goal for everyone. Reaching and maintaining a healthy weight is important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



Compiled by Community Vitality & Health
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