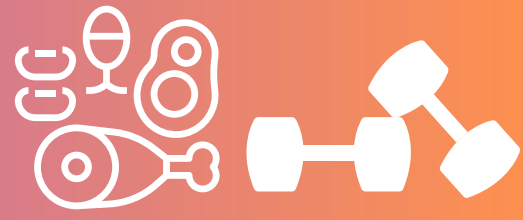


# WEIGHT LOSS FOR OLDER ADULTS



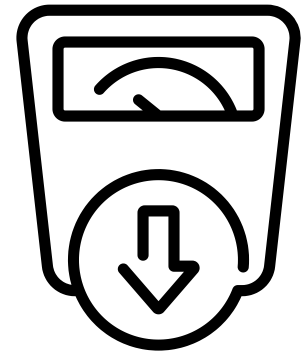
It's easier to gain weight and harder to lose as you get older. Now for the good news: It's possible to shed pounds. You just might need to tweak your approach. Losing weight is tough, but achieving a healthy weight is a worthwhile goal for everyone. Reaching and maintaining a healthy weight is important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



Extension

Compiled by Community Vitality & Health  
Extension Educator Vicki Hayman

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Mandy Marney, Director, University of Wyoming Extension, College of Agriculture, Life Sciences and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University of Wyoming is an equal opportunity/affirmative action institution.