

Lose Weight Without Losing

In Singapore, about 35% of the adult population are overweight and about 16% are obese. That means about half of our adult population are either overweight or obese.

Obesity is defined as an excess amount of body fat, which is measured by the Body Mass Index (BMI).

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

BMI Values For Asians*

<18.5	Underweight
18.5 - 23	Normal weight
23.1 - 27.4	Overweight
27.5 - 32.4	Obese
32.5 - 37.4	Severe Obesity
≥ 37.5	Morbid Obesity

*BMI values are different for non-Asians

besides aesthetic and social problems, being overweight and obese can cause health problems such as diabetes, coronary heart disease, stroke and hypertension. Obesity shortens life expectancy and can lead to sudden death.

To prevent obesity and its associated problems, weight loss is important and necessary. Here are some simple step-by-step approaches to healthy weight loss.

Exercise Right

1. Before you begin, ensure that you have no other medical problems. Seek advice from your doctor.
2. Set a realistic goal, for example, at least 5% to 10% weight loss over six months.
3. Set aside time to exercise. If possible, exercise at least 30 minutes everyday.
4. Start with something manageable such as brisk walking, climbing stairs or swimming.
5. Incorporate more physical activities into your daily routine, for example, taking the stairs instead of the lift.
6. Keep a log book to keep track of your progress.
7. Join a group. Exercise is always more fun with friends.
8. Don't give up if you are not losing weight fast. Persevere to see results.

Weight loss takes place when the amount of calories burnt exceeds the amount consumed. As your body gets accustomed to exercise, increasing the duration of exercise helps you burn more calories.



Your Health

NUH Weight Management Programme

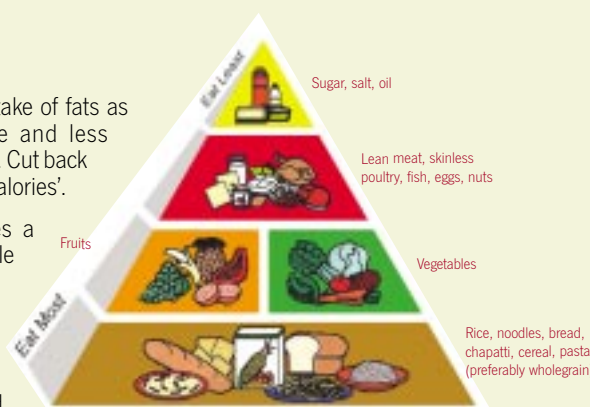
Our Weight Management Programme is a holistic and multidisciplinary effort using medical and psychological methods, dietary modifications, exercise and (as a last option) surgical intervention for weight reduction. It is supervised by physicians, with individual counselling sessions by physiotherapists and dietitians.

Lasting four months, we help patients prevent or reduce the health consequences of obesity through a supervised weight reduction and weight gain prevention programme. This also helps reduce their risk of chronic health conditions.

For more information on the programme, please call NUH Wellness Centre at 6772 4461/6772 4462, email: wellnessctr@nuh.com.sg or log on to www.nuh.com.sg/medss/surgery.htm.

Eat Right

1. Cut down on calories - reduce the intake of fats as they are much more energy-dense and less satiating than carbohydrates or protein. Cut back on sugar as it contributes to 'empty calories'.
2. Enjoy a balanced diet that includes a variety of foods. For good and sensible nutrition, you can refer to the 'Healthy Eating Pyramid' (on the right).
3. Nothing is forbidden. High calorie foods are fine as long as they are consumed in reduced portion and frequency.
4. When eating out, choose healthier alternatives such as noodle soup, instead of fried noodles.
5. Read nutritional labels on food items before buying them. This helps you to select healthy food that is lower in fat and calories, and higher in fibre.
6. Distinguish facts from fads - avoid unorthodox diets such as cabbage soup, low carbohydrates or high fat/protein diet and slimming pills. They have not been proven to work in the long run.
7. Discourage eating behaviours that promote overeating, such as eating when stressed or eating in front of the television.



If you take in more calories than what your body needs, it will be stored as fat and you will gain weight. Losing weight involves more than just getting rid of fat. It also encompasses eating for good health and enjoyment.