



American Heart Association.



Life's Essential 8TM for Women

STAY WELL WITH WEIGHT BALANCE IS BEAUTIFUL

Understanding how many calories you take in and your activity level can help you identify changes you want to make. If you need to lose weight, you need to burn more calories than you eat.

- » **Reduce calories coming in:** Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.
- » **Increase calories going out:** An activity tracker or smart watch can help you track how much physical activity you get.

The FYI on BMI

Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. Optimal BMI is less than 25 (normal) but less than 18.5 is considered underweight. A BMI between 25 and 29.9 is considered overweight. A BMI of 30 and above is considered obese. You can calculate your BMI online or see your health care professional.

SECRETS FOR SUCCESS

Remember these tips to help you stay on track with your weight management goals.

- » **POWER IN PORTIONS**
Learn about portion sizes and how much you might really be eating.
- » **LESS IS MORE**
Sit less, move more and add intensity to burn more calories and improve your overall health.
- » **GET SUPPORT**
If you aren't able to lose weight successfully on your own, talk with your health care professional.
- » **EAT SMART**
Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, and lean animal proteins like fish and seafood. Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



GO RED TOGETHER

Help other women in your life stay well with their weight. Go shopping with your friends and find healthy choices for new meals you want you want to try together.

Learn more at goredforwomen.org/lifes8women

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