



# Weight loss & gain

Repeated weight loss and weight gain slows the body's metabolic rate.

In general, a healthy weight for adults falls within a Body Mass Index (BMI) between 18.5 and 24.9. A BMI between 25 and 29.9 = overweight. A BMI of 30 & higher = obese.



Avoid crash dieting. This makes your body slow down to preserve body fat for reserve.

Breakfast is important because it "breaks the fast." It is needed for energy to get you going for the day.

Aim to eat something healthy within two hours of waking up. Keep it simple. If you're in a hurry, grab a piece of fruit and some whole grain crackers or cereal. Adding some protein, like hard boiled eggs or refried beans, will keep you well fueled for the morning.

Eating as a response to anger, boredom, depression, and stress can cause weight gain.

Deal with your emotions without turning to food. For example, when you are angry, take 3 or 4 deep breaths, count to 10, state out loud why you are angry, etc.