

# Weight Management

## Incidence of overweight and obesity:

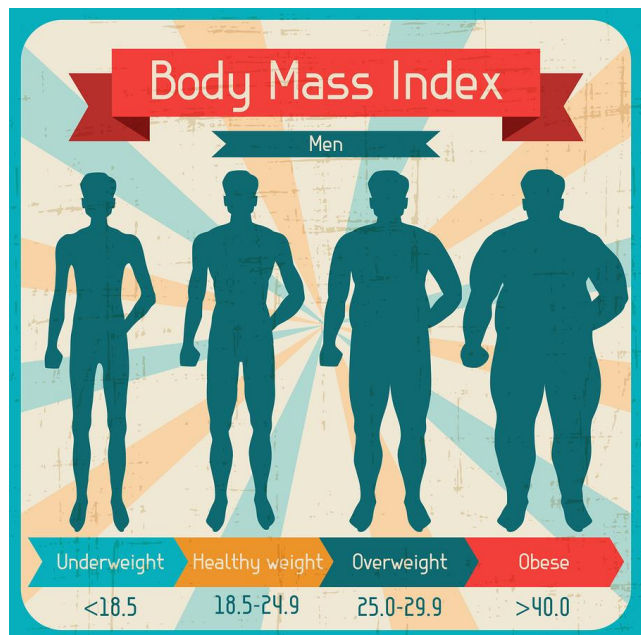
- 14 million Australians are overweight or obese
- 1 in 4 Australian children are overweight or obese
- Obesity has overtaken smoking as the leading cause of premature death in Australia
- The total cost of obesity in Australia in 2008 was estimated to be ~\$58.2 Billion

## What is a healthy weight?

The classic way of determining your ideal bodyweight is the use of Body Mass Index (BMI). To calculate your BMI divide your weight in kilograms (kg) by your height (m) squared, for example if you are 1.8 metres tall (180cm) and 80 kilograms your BMI would be  $80/1.8^2 = 24.7$ .

## What are the benefits of maintaining a healthy weight?

Maintaining a healthy weight is important for overall health and can help prevent and control many diseases and conditions. If you are overweight or obese, you are at a higher risk of developing: heart disease, high blood pressure, type 2 diabetes, gall stones, respiratory problems and certain cancers.



## How to maintain a healthy weight:

Lifestyle modification such as increasing physical activity and healthy eating is the best way to maintain a healthy weight. Be cautious of fad dieting and try to eat a balanced and nutritious diet. Limit sugars, processed foods, foods high in fat and excess consumption of food.

## How REDIMED can help?

REDIMED's Exercise Physiologists are experts in designing and implementing safe training programs and nutrition plans for weight loss. Using both aerobic and resistance training as the key modalities we can provide supervised training sessions and that will increase muscle mass, metabolism and fat loss all the while decreasing your risk of health complications.



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