

7 Steps to Manage Your Weight

Weight management is about achieving a healthy weight and maintaining it throughout life. Listed below are 7 key behaviors to help you achieve or maintain goal weight in healthy and positive ways. Please check the boxes for items that apply to you or you are interested in knowing more about, we will be happy to assist you.

- Do I want to change my weight/body shape?
- Why do I want to lose/gain weight?
- What is my goal weight?
- When do I want to achieve goal?
- Is my goal realistic?

- Can I take weight-loss drugs?
- What are their side effects?
- Am I qualified for bariatric surgery?
- Types and risks of bariatric surgery?

- What changes have I made?
- What should be my goal/plan for next week?
- What did I do well or not well?
- How can I improve?
- Am I feeling stuck or stressed out?

- How to calculate my BMI?
- How often should I weigh myself?
- How often should I have A1c, lipid levels and blood pressure checked?
- Have sleep apnea?
- Have Osteoarthritis?
- Am I at risk for fatty liver disease?

- How much can I eat?
- Meal planning tips?
- Healthy snacks suggestions?
- Does skipping meals help?
- How to understand a food label?
- Tips for eating out?
- How to cut out sugar/salt/unhealthy fats?

- What kind of exercises are helpful?
- Examples of exercises that increase your heart rate?
- Examples of muscle-strengthening exercise?
- Tips to add more activity in daily routine?

- Do I eat because I am bored, stressed, or depressed?
- Do I often under- or overeat?
- Healthy comfort food ideas?
- How to cope with stress or unwanted emotions?



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