

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?

- 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 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?



- 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?

- 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?

- 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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體重管理7步

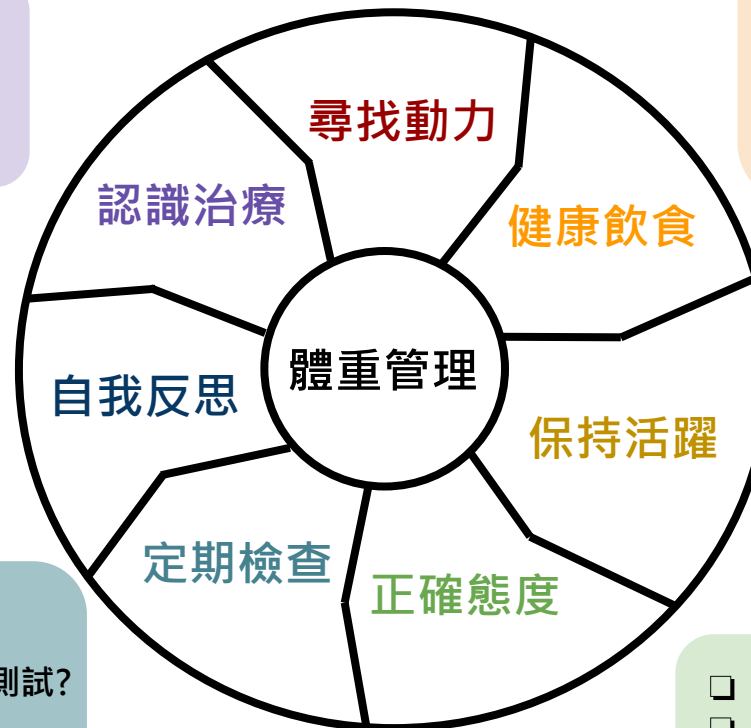
成功的體重管理的定義是實現並能夠維持健康的體重。以下的七種行為能幫助你達到及維持你的體重目標，請在與您有關或您有興趣了解的項目打☑，我們樂意為你解答。

- 我想改變我的體重或體態嗎？
- 令我想減或增重的原因有什麼？
- 我的體重目標是多少？
- 我想在多少時間內達到目標？
- 我的目標是否實際？

- 份量要怎樣控制？
- 飲食要注意什麼？
- 健康小吃的建議？
- 節食有效嗎？
- 怎樣理解食品標籤？
- 出外食飯的健康貼士？
- 如何從飲食中減少糖/鹽和不健康的油脂？

- 減重可以吃藥嗎？
- 減肥藥有什麼副作用？
- 減重手術的準則有哪些？
- 減重手術的種類和風險？

- 我的習慣做出了什麼改變？
- 下週的目標是什麼？
- 哪些方面做得好或不好？
- 該怎樣去改善？
- 有否因為管理體重而覺得很大壓力？



- 我該做什麼運動？
- 什麼運動能改善心肺功能？
- 什麼運動能鍛煉肌肉？
- 家中運動的例子？沒有時間做運動怎麼辦？

- 如何計算體重指數？
- 多久量一次體重？
- 隔多久要做血紅蛋白A1c及血脂測試？
- 血壓正常嗎？
- 有睡眠窒息症嗎？
- 有骨關節炎嗎？
- 我是否有患上脂肪肝的風險？

- 我有否試過嘗試進食解決情緒問題？
- 有沒有經常食過飽？
- 健康的減壓食物建議？
- 如何應對不必要或負面的情緒？



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