

Weight loss recommendations:

Dietary therapy includes reducing calories by 500-1000 per day from current calorie intake. This will produce a weight loss of 1-2 pounds every week. Increase physical activity. Increased physical activity is important because it increases energy consumption.

Physical activity also reduces the risk of heart disease more than that achieved by weight loss alone. Activity should generally be increased slowly, with care taken to avoid injury. Activities and/or household chores, including walking, dancing, gardening, and team or individual sports, may help satisfy this goal. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week.

Behavioral strategies include self-monitoring (keeping food diary), stress management, stimulus control, or participation in a weight management program.