



American Heart Association.



Life's Essential 8TM for Women

STAY WELL WITH WEIGHT

Balance is Beautiful

Understanding how many calories you take in and your activity level can help you identify changes you want to make. If you need to lose weight, you need to burn more calories than you eat.

» **Get the FYI on BMI:** Body Mass Index (BMI) is a number that relates your weight to your height. Optimal BMI is less than 25. Less than 18.5 is underweight. You can calculate BMI online or see your health care professional.

» **Understand Calories:** Calories are the energy our body gets from foods and what we drink, which it uses for things like moving and breathing. Eating too many calories and not being active enough can lead to weight gain.

» **Start Your Journey:**

- Increase the amount of fiber you eat and the water you drink.
- Add protein to your breakfast. Protein will help you feel full for longer.
- Avoid fast food when possible.
- Read nutritional labels for nutrition and calorie content.

SECRETS FOR SUCCESS

Remember these tips to help you stay on track with your weight management goals.

» **POWER IN PORTIONS**

Learn about portion sizes and how much you might really be eating.

» **LESS IS MORE**

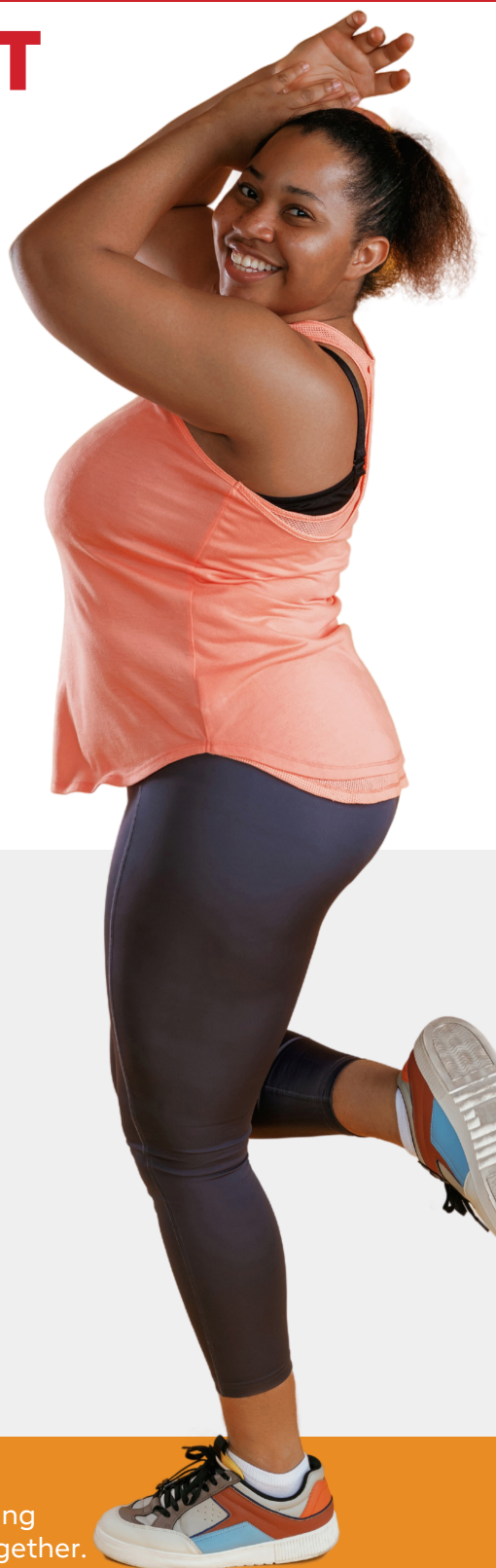
Sit less, move more and add intensity to burn more calories and improve your overall health.

» **GET SUPPORT**

If you aren't able to lose weight successfully on your own, talk with your health care professional.

» **EAT SMART**

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, and lean animal proteins like fish and seafood. Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



GO RED TOGETHER

Help other women in your life stay well with their weight. Go grocery shopping with your friends and find healthy choices for new meals you want to try together.

goredforwomen.org/lifes8women

©2024 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Go Red for Women is a registered trademark of AHA. The Red Dress Design is a trademark of U.S. DHHS. Unauthorized use prohibited.

Go Red for Women is nationally sponsored by

