

# Weight management

## Weigh your options

KAISER PERMANENTE NORTHWEST REGION • HEALTH ENGAGEMENT AND WELLNESS SERVICES



### Are you ready for a change?

Healthy weight management can help you feel better every day. It can also:

- Provide you with more energy.
- Prevent, delay, or reduce the seriousness of weight-related illness or long-term complications.
- Help you be a healthy role model for your kids.
- Boost your creativity and productivity.
- Help you maintain an independent lifestyle.

Unfortunately, there are no quick fixes when it comes to weight loss. Fad diets, medications, and herbal supplements do not work for long-term weight loss.

### What works?

Developing new habits is one key to successful, long-term weight management. Changing old habits is not easy and requires patience. It involves learning new skills and changing some behaviors – not all associated with food or eating.

Skills that can be very helpful include:

- Getting regular physical activity.
- Making healthy choices about what, when, and how much you eat.
- Managing yourself by keeping a food and activity diary, setting goals, and studying your patterns of behavior. Keeping records is probably the most important thing you can do when trying to make behavior changes.
- Finding support from family and friends, or in a class or group – as well as learning to support yourself.
- Having a realistic idea of who you are, what you want to do, and what it will mean to your quality of life.

### Your Health Online:

#### shortcuts to better health

- [kp.org/healthengagement/weight](https://kp.org/healthengagement/weight) – get tips, information, and resources you can use to help take charge of your health.
- [kp.org/healthylifestyles](https://kp.org/healthylifestyles) – get advice and tools with online wellness programs that help you create positive changes in your life.
- [kp.org](https://kp.org) – sign in to email your doctor, view lab results, fill most prescriptions, make appointments, and more.
- [kp.org/fitness](https://kp.org/fitness) – make a good move for your health.
- [kp.org/selfcare](https://kp.org/selfcare) – check out mental health and wellness resources, including Calm and myStrength apps (available to Kaiser Permanente members with medical coverage).
- [kp.org/communityresources](https://kp.org/communityresources) – find programs and services near you.
- [kp.org/healthyliving](https://kp.org/healthyliving) – check out tools to help you live well.
- [kp.org/video](https://kp.org/video) – view health videos online.
- [kp.org/lifecareplan](https://kp.org/lifecareplan) – learn about life care planning and download advance directive forms.
- [kp.org/espanol](https://kp.org/espanol) – find content in Spanish.



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All plans offered and underwritten by  
Kaiser Foundation Health Plan of the Northwest.  
500 NE Multnomah St., Suite 100, Portland, OR 97232.

Studies have shown that small weight losses (just 5 to 10 percent of your body weight) can make a big difference in your health. This doesn't mean you have to stop there, but it does mean that a small amount of weight loss is both desirable and realistic.

## Setting goals

Some people are uncomfortable setting goals. They worry about feeling like a failure if their goals are not met.

You can't expect to be able to achieve all of your goals all of the time. If you don't meet a goal, try to discover what got in the way. The faster you review your mistakes, the faster you can learn from them.

You can always adjust your goals as necessary until you reach them – then you can build on that success.

When setting a goal, consider:

- **Is it doable?** It should be something you are pretty certain you can achieve.
- **Is it specific?** Vague goals bring vague results.
- **Is it sustainable?** It should be something you believe you can build into a habit over time.
- **Is it a want (not a should)?** Remember what you want to do for yourself.
- **Is it for you (not someone else)?** Doing it for yourself will help you achieve the best results.

Tell someone what your goals are – speaking about them will give them strength and make them more real for you. It's also important to write down your goals. This allows you to look back over time and see how you did.

## Healthier choices

- Eat regularly. Becoming excessively hungry can lead to overeating.
- Stock your refrigerator and pantry with healthy snack foods.
- Use an app to track your exercise, food, sleep, and more. Try MyFitnessPal, Lose It!, MapMyFitness, or another highly rated program.
- Assess your progress not by the scale, but by your healthy efforts, positive self-regard, and patience.
- Include your family in your lifestyle changes. For example, take a family walk after dinner instead of watching TV. It will be easier for you if the rest of your family also eats well and gets regular exercise.
- Have a balanced lunch or dinner this easy way: Fill half your plate with vegetables, one-quarter with a protein choice, and one-quarter with a starch/bread choice. Add one serving of fruit.
- Drink at least 8 glasses of water every day. Carry a water bottle so you always have a drink on hand.
- Move around. Moderate physical activity makes your heart beat faster. Try to do some activity for at least 30 minutes on most days of the week.



## Health Engagement and Wellness Services

Contact Health Engagement and Wellness Services for many different kinds of resources. You also can get details in the Healthy Living catalog. It's available online at [kp.org/healthengagement/catalog](https://kp.org/healthengagement/catalog) or at medical and dental offices.

Talk with a health coach for support to reach your health goals. This service is for Kaiser Permanente members at no additional cost. It is available Monday through Friday.

Check out our class offerings at [kp.org/healthengagement/classes](https://kp.org/healthengagement/classes). They can help support a healthy lifestyle.

To schedule, go to [kp.org/appointments](https://kp.org/appointments). Select Health and Wellness Education as the reason for the appointment. Choose coach or class, then follow the prompts to finish registering.

You also can sign up by phone. For classes, call one of the following numbers and select option 1. For a health coach, select option 2.

**503-286-6816 or  
1-866-301-3866**

**[kp.org/healthengagement](https://kp.org/healthengagement)**