

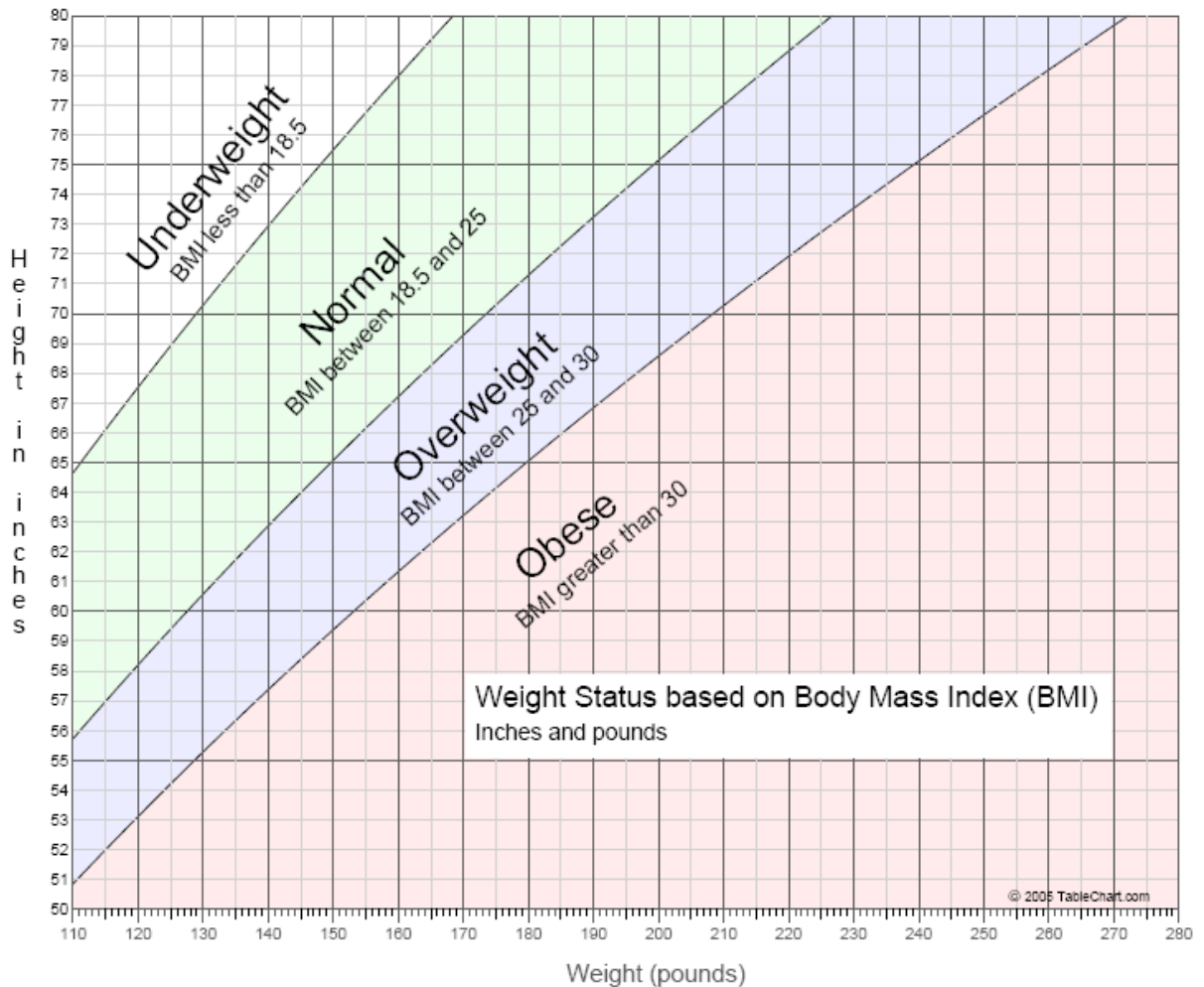
Losing weight can be as easy as eating less and exercising more. Taking in fewer calories than you use each day is the simplest way to lose weight. Never mind the fad diets, weight loss pills, and zany herbal remedies—it all comes down to a balanced diet and a regular exercise program.

Athletes:

Because muscle weighs more than fat, people who are unusually muscular may have a high BMI.

Older Persons:

In older individuals it is often better to have a BMI between 25 and 27, rather than under 25. If you are older than 65, for example, a slightly higher BMI *may* help protect you from osteoporosis.



- To lose 1 pound, a person must burn 3,500 calories more than are consumed (500 calories per day over the course of a week). For example, reducing calories by 300 per day and increasing daily activity to burn off an additional 200 calories should result in a weight loss of 1 pound per week.
- On *AVERAGE* to maintain current weight
 - 2500 calories a day for men
 - 2000 calories a day for women (2,500 in third trimester of pregnancy)
 - 1800 calories a day for children aged 5-10
- For information: **American Dietetic Association** (<http://www.eatright.org/>) & **MyPlate.gov** - United States Department of Agriculture (<http://www.choosemyplate.gov/>)