

Should I Lose Weight?

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If you haven't already done so, read Ana's story, [Sobre Todo Delgada](#), and you will understand why we want you to strive for being healthy rather than strive for being a skinny Minnie. The research shows that striving for a healthy lifestyle is your best bet at living your best life.

In today's world, it is safe to say that even if we are not overly focused on being thin, we women often ask ourselves:

What is the best way to a healthy life?

Great question! Here are some basic weight / health questions and answers to help you on your journey to a healthy life.

What is your BMI?

If you are trying to achieve a healthy weight you have likely heard about BMI, or Body Mass Index. It is a measure of body fat based on your weight in relation to your height.

Weight health experts use it as a tool to help you find out if you need to lose weight. It can be useful, but it is not the only tool.

[Calculate your BMI right here.](#)

Once you calculate your BMI, the following guidelines can help you decide if you need to lose weight:

- 18.5 or less is considered underweight
- 18.5-24.9 is considered ideal weight
- 25-29.9 is considered overweight
- 30 or higher is considered obese

What is your waist size?

In addition to considering your BMI, another tool to help you decide if you need or want to lose weight is your waist size.

The NIH (National Institutes of Health) suggests that a waist measurement of over 35 inches in women may put you at risk of health problems like heart disease, prediabetes, diabetes and high blood pressure.

If your BMI is higher than 28 and your waist size is higher than 35, this might nudge you into losing a few pounds.

How much weight should I lose?

If, after using these tools, you decide you need to drop a few pounds, there's good news: Losing just 5% to 10% of your weight will make a positive difference. It will help you feel good, look good—and lower your risk of several diseases. That sounds like a winning combo to us!

For example: If you weigh 180 pounds, you only need to lose nine pounds to start making a positive difference to your health and how you feel about yourself.

Most of us can lose 5% to 10% of our body weight without depriving ourselves of the food we love!

How do calories fit in?

To lose weight, most people need to reduce the amount of calories they get from food and beverages—and increase their physical activity.

This is the simple formula: Move More, Eat Less. It works for most people!

Your body is like your car. You put fuel into it, you drive, and you use the fuel. The more you drive, the more fuel you use.

In general, if you want to lose about 1 to 1½ pounds per week, you need to eat about 500 to 750 calories less each day than what you are eating now.

Here are some tips to consider:

- A healthy eating plan that contains 1,200 to 1,500 calories each day will help most women lose weight safely.
- If you are physically active, you may be able to lose weight on 1,500 to 1,800 calories each day.

We don't recommend an eating plan with fewer than 1,200 calories per day unless you are under a doctor's care. We do recommend a Healthy Eating Plan!

What is a Healthy Eating Plan?

Whenever you want to get something done, and you want it to last, you need a plan. Eating healthy is no exception.

We have some great healthy eating tips from Madrina Malena, our nutritionist. She tells us that a [Healthy Eating Plan](#) will give you the daily nutrients you need while staying within your daily calorie goal.

As Latinas, we know that good food doesn't just feed your body, it feeds your soul. We have a great library of healthy [Mexican, New Mexican and Southwestern dishes](#) from Madrina Lori's test kitchen. Lori and Malena are our dynamic duo—we call them Las Madrinas en La Cocina!

You are going to love preparing and enjoying these delicious, nutritious and culture-affirming foods.

What about physical activity?

Madrina Yoli is our physical fitness expert. She agrees with the NIH recommendation that we do moderate to vigorous activity for at least 30 minutes a day, five days a week.

Moderate means: Walking, cycling less than 10 miles per hour, gardening (such as raking, digging or trimming shrubs), dancing, water aerobics or playing in the park with your kids or grandkids.

Vigorous means: Running or jogging, walking fast, cycling fast, heavy yard work (such as chopping wood or shoveling snow), swimming laps or playing a sport like basketball or fútbol.

At DLM, we want you to LOVE YOUR BODY! Move it! Dance it! Walk it. Bike it. Run it. Grow a garden with it. Please it. Be proud of it. Stop comparing it.

Move it as much as you can, at least five days a week for 30 minutes a day and give yourself a big ¡Eso!



What is the best way to lose weight?

Poco a poco — little by little!

This means following a reasonable and healthy eating plan that is enjoyable and delicious.

News flash: No Fad Diets!

Move your body in a way that affirms the love you have for yourself and your desire to be healthy and strong.

The DLM journey to a healthy life is a fun, and affirming way for Latinas to achieve a healthy, joyful life.

iUnidas for a Healthy Life!

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The [De Las Mias app](#) is free and ready for download in the Google Play Store. Follow us on Facebook and Instagram [@delasmiaslife](#).