



Why is weight management important?

As Martha got older, she began to gain weight. With this weight gain, day to day activities such as walking up the stairs started to become harder to do. She spoke with her provider who referred her to a Registered Dietitian. With the Registered Dietitian's guidance and support, Martha stopped drinking sugary beverages, added more fiber to her meals, and began going for walks. Soon, Martha's weight was back to a healthy range and she felt better than ever.

What can you look for?

- Weight gain
- Weight loss
- Changes in appetite
- Changes in activity level
- Changes in mobility

Weight Management is a term used to discuss managing and maintaining a healthy body weight. Healthy body weight is achieved through healthy eating and daily physical activity.

Questions to ask yourself:

- Have you gained/lost weight recently?
- Is there a difference in the fit of your clothing?
- Has your appetite changed?
- Has your physical activity level changed?





Aging Well – **Weight Management**



What can you do?

- Be physically active
- Find a workout partner to help with motivation in your weight management journey
- Limit processed foods and cook most or all your meals
- Limit sugary foods and beverages
- Drink enough water
- Eat fresh or frozen fruits and vegetables
- Practice portion control

Where can you find support?

- **Behavioral Health Consultant** can provide resources in coping, sleeping techniques, and much more.
- **Learning Circles** and **Lose to Win** offer support to make healthy lifestyle changes.
- **Registered Dietitian** can support you in making healthy changes to your diet and provide information on how to improve your diet.
- **Wellness Center** offers many exercise classes to support your fitness or be physically active and maintain strength.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- ☐ Exercise
- ☐ Learning circle
- ☐ Lose to Win
- ☐ Primary Care
 - Behavioral Health Consultant
 - Registered Dietitian

- ☐ Wellness Center

Community Resources

- ☐ Food Bank of Alaska
(907) 272-3663

