AGING WELL

Weight Management

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. 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 a level
- Changes in mobility

Weight management is a term used to discuss managing and maintaining a healthy body weight. This 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?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

Southcentral Foundation

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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?

Contact your primary care team directly or contact
Anchorage Native Primary Care Center ..... (907) 729-3300

Behavioral Health Consultants

Behavioral health consultants provide resources in coping, sleeping techniques, and much more.

Registered Dietitians

Registered dietitians can support you in making healthy changes to your diet and provide information on how to improve your diet.

Health Education ..... (907) 729-2689

Health Education provides learning circles that can support nutrition and physical activity.

Lose to Win ..... (907) 729-2689

Lose to Win offers support to make healthy lifestyle changes.

Mt. Marathon Gym ..... (907) 729-6683

Mt. Marathon gym offers many exercise classes to support your fitness or be physically active and maintain strength.

Key

- R Referral needed
- Travel by plane required
- Travel by car required
- Available over the phone or virtual visit