



WEIGHT MANAGEMENT

It's the beginning of a new year and like many Canadians, you may have made a resolution to lose weight.

Many Canadians struggle with being overweight and as we age, excess weight can have negative effects on our physical function and quality of life.

The process of losing weight may seem overwhelming, especially if you have a significant amount of weight to lose, but a loss of just 10 pounds can help prevent illness, reduce pain, and improve your overall health.

Before starting a weight loss journey, speak to your healthcare provider about your plan and any medical conditions that may affect your diet or limit your ability to exercise.

Here are some tips to help you stick to your resolution:

Eat Well

Eat whole foods including fresh fruits and vegetables, whole grains, low fat dairy, and lean protein.

Quench your thirst with water. It is calorie free and helps hydrate the body and flush out toxins.

You can indulge from time to time, but eat smaller portions. Cutting out all treats may make you frustrated and give up completely.

Be Active

Aim for 30 minutes of moderate to intense exercise on most days. Activities can include taking a brisk walk after a meal, biking or walking to work, or participating in a run or walk for charity. No matter what you choose, make a plan to incorporate physical activity in your daily schedule.

Weight Loss Aids

Some pills and supplements can aid in decreasing appetite to help promote weight loss. It is important to keep in mind any interactions with your current medications or health conditions. Your Remedy'sRx pharmacist is available to answer your questions about weight loss pills and supplements.

Slow and Steady Weight Loss

The usual recommendation is a loss of 10% of your current weight shed over 6 months. While you may want dramatic changes, it is healthier and more permanent to lose 1 to 2 pounds per week.

Start the New Year off right. Speak to your Remedy'sRx pharmacist about effective weight management strategies including recommendations on suitable weight loss products and diet plans that are right for you.

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.