

## Dr. Mini Thakkar

Dr. Thakkar is a Board Certified Family Physician. She is director of the Tri-County Weight Loss and Nutrition Center of Barrington. She is board certified in Family Medicine and has been in practice in the area for 26 years. She did her residency at St. Josephs Hospital in Chicago, Illinois. She is on the staff of Good Shepherd Hospital in Barrington and Centegra- Northern Illinois Medical Center in McHenry. She believes in holistic approach to medicine and treating not just the disease but the “total person”. Her field of interest is Weight Loss and preventive care. She feels that psychosocial aspects affect patients’ weight. Her role as a family physician is to place a strong emphasis on loosing weight while at the same time being compassionate so that all patients are successful in their endeavor.

### Topic: Attaining a Healthy Weight – Why and How to Change One’s Lifestyle

#### **I. What makes people overweight?**

People gain weight when the numbers of calories that are intake are more than those that are used. Many factors can play a part in weight gain:

- **Habits**; eating too many calories can become a habit so can sedentary activities. Over time, these habits can lead to weight gain.
- **Genes**; Shared family genes can increase the chance that family members will be overweight
- **Illness**; some diseases such as hypothyroidism and depression can lead to weight gain or obesity
- **Medicine**; some medications can lead to weight gain or obesity. Be sure to consult your doctor on this matter.
- **The world around you**; our modern world with remote controls, escalators, drive thru banks and food make it easy to be physically inactive
- **Emotions**; many people eat when they’re bored, sad, angry, or stressed

#### **II. Reasons why being overweight is bad**

Obesity or being overweight can cause high blood pressure, high cholesterol, diabetes, sleep apnea, heart attack, and stroke.

#### **III. What is considered a healthy weight**

Body mass index is one way to tell if you are at a healthy weight, are overweight, or are obese. It measures your weight in relation to your height. A BMI of 18.5-24.9 is within healthy range.

Another way to find out if you’re at risk for health problems caused by overweight and obesity is to measure your waist. If you are a woman and your waist is over 35 inches or if you’re a man and your waist is over 40 inches your risk of disease is higher.

#### **IV. How to make a change**

##### **a. - DIET**

- Drink plenty of water – Try to drink eight 8 ounce glasses of water a day. Fruit and vegetables can also contribute to your daily water intake
- Eat Breakfast every day – People who eat breakfast are less likely to overeat later in the day.
- Choose whole grains more often – Try whole wheat breads and pastas, oatmeal, and brown rice
- Select colorful vegetables throughout the day – Different colored vegetables provide different nutrients. Choose dark, leafy greens such as collards and kale; and reds and oranges such as carrots and tomatoes.
- Choose fresh fruit more often than fruit juice
- Use fats and oils sparingly
- Eat sweets sparingly – limit food and beverages high in added sugar
- Eat three meals a day
- Have low-fat, low sugar snacks on hand at home, at work, and on the go

##### **b - EXERCISE** – try these activities to add more movement to your daily life:

- Take the stairs instead of the elevator
- Park the car further from entrances to stores, movie theatres, or your home
- Walk around the block with family and friends
- In bad weather, walk around the mall
- Rake the leaves
- Visit museums or zoos
- Wash the car
- Take a walk after dinner instead of watching TV

Once you become more fit you increase your pace and length of time. Combine aerobic activity with muscle strengthening exercises and stretching. Check with your healthcare provider first before beginning any exercise regimen.

**For further information contact Tri-County Weight Loss and Nutrition Center; 300 Fox Glen, Barrington, IL, 60010; (847) 382-6070.**