

WEIGHT CONTROL

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Being overweight can impair work performance, and it also increases the risk of heart disease, stroke, diabetes, and certain types of cancer. Therefore, a weight control plan that addresses both eating and exercise habits for all staff is recommended.

A weight control program should include a sensible combination of aerobic exercise and well-balanced dietary restrictions. While three meals per day should be eaten, the size of each meal and the number of helpings should be reduced. Quick weight loss diets and use of amphetamines to suppress appetite should be avoided.

Establishing a negative caloric balance through exercise is more effective than dieting alone. Dieting without exercise often results in lean tissue (muscle) loss as well as fat tissue loss. A cardiovascular exercise program of low intensity and long duration, 45 to 60 minutes or longer, at least three times per week, can be an extremely effective fat weight loss method. Refer to [1839](#), PHYSICAL FITNESS GUIDELINES, for more information on weight control.

[\(see next section\)](#)

[\(see HB Table of Contents\)](#)

[\(see Forms or Forms Samples\)](#)