

Protect Your Heart by Losing Weight

保護心臟：減輕體重

Toolkit No. 11 健康手冊（十一）

Losing weight lowers your risk of heart disease and stroke because it helps you control blood glucose (sugar), blood pressure, and cholesterol levels. You don't have to lose a lot of weight to see the benefits—even a loss of 10 to 15 pounds can help a lot.

減輕體重可以降低心臟病和中風的風險，原因是這可以幫助控制血糖、血壓以及膽固醇濃度。要看到效果，並不需要減輕太多體重，即使是 10 到 15 磅，也可收立竿見影之效。

Weight loss can be a struggle because it means making changes in the way you eat and in your level of physical activity. The older we get, the harder it is for us to lose weight because we burn fewer calories. We also tend to be less active. Losing weight takes time—and that can be frustrating. **The good news is that you can lose weight and keep it off, even if you've never done it before.**

減重並不容易，因為這表示必須改變飲食習慣和運動量。隨著年齡愈大，也愈難減重，因為消耗的熱量會愈來愈少。我們多半也容易坐著不動。減重需要時間，因此也常讓人感到氣餒。但所幸的是，即使您從未嘗試減重，也能成功減重並維持體重。

What strategies can help me lose weight?

有什麼方法可幫助我減重？

Here's what works for people who have lost weight and kept it off:

成功減重並維持體重的過來人有下面的經驗談：

- They cut back on calories and fat.
- They're physically active most days of the week.
- They eat breakfast every day.
- They keep a record of their weight, what they eat and drink, and what they do for physical activity.
- 減少熱量與脂肪攝取。
- 一週幾乎每天都運動。
- 每天吃早餐。
- 記錄體重、吃了和喝了什麼，以及做了什麼運動。

Some people attend weight-loss programs; others use these strategies on their own. Think about which approach will work best for you. Just remember that studies show it's much easier to lose weight when you use a combination of meal planning and physical

activity.

有些人會參加減重計劃，而有些則靠著自己的方法減重。想想看什麼方法最適合自己。只要記得，根據研究指出，結合飲食計劃和運動是最能有效減重的方法。

What's the secret to changing habits?

改變習慣的秘訣是什麼？

Understanding the process for changing habits can make it easier for you to change the way you eat and increase your activity. Every change involves several stages, and each stage is important. Here's an example. Sue used to have ice cream almost every night for her snack. But she wanted to lose weight.

瞭解改變習慣的進程，可以更容易改變飲食習慣和增加運動量。在做改變時，會分成幾個階段，而每個階段都很重要。舉例來說，蘇通常每晚都會吃冰淇淋當做點心。但她想要減重。



Regular physical activity, like dancing, can help you lose weight.
像跳舞等規律運動可幫助減重。

- At first, she wasn't interested in making a

change. She wasn't ready to give up her ice cream. She thought it would be too hard to do.

- Then she thought about ways she could cut calories to lose weight. She decided that one way might be to eat something instead of ice cream. She wasn't ready to try it but thought she might be ready in the future.
- After a while, she decided that soon she'd be ready to make a change in her snack, even within the month. She made a realistic plan— she'd have fruit instead of ice cream several times a week.
- Then she took action. She bought her favorite fruit and started eating it four times a week instead of ice cream.
- Now, after more than 6 months of her new habit, it's part of her routine.
- 首先，她並不想做任何改變。也就是說，她還沒準備好要放棄冰淇淋。這時覺得要放棄真難。
- 接著她想到幾種方法來減少熱量以利減重。其中一種方法便是吃其他的東西來代替冰淇淋。這時她還沒準備好嘗試這方法，但可能會在未來實行。
- 過了一段時間，她覺得自己就快準備好要改吃其他點心，可能在這個月就要付諸實行了。於是，她做了較為實際的計劃，也就是每週幾次的點心用水果代替冰淇淋。
- 接著她付諸行動，買了最愛吃的水果，然後一週吃四次水果來代替冰淇淋。
- 現在新計劃已實行超過6個月，也成為了日常的習慣。

Think about what stage you're in for changes you'd like to make. Are you in the early stages— not ready for a change yet? Or maybe you're interested in losing weight but

you haven't taken action. The next step is to decide what you're willing and able to do. Then plan exactly how and when you'll do it.

現在可以想想看自己在改變習慣的哪一個階段。是不是仍在早期階段，還沒準備好要改變呢？或者很想減重，但尚未付諸行動？那麼下一步就是要決定願意和能夠做些什麼，然後再計劃實行的方式和時間。

Strategies for Losing Weight 減重方法

Choose things to do that will help you lose weight. Put a check mark next to the things you're willing and able to do. Or write down your own ideas. Remember that every step you take helps move you toward your goal.

首先是要選擇可以幫助您減重的方法。下面有多種方法可以幫助減重，請在願意和能夠實行的方法旁邊打勾。或也可以寫下自己的方法。請記得，只要能付諸行動，離目標就近了一步。

How to cut back on calories and fat 如何減少熱量與脂肪攝取

- Eat smaller servings of high-calorie favorites.
- When you eat out, split a main dish with a friend or family member. Or take some home for tomorrow.
- Ask for salad dressings and sauces "on the side" and then use as little as possible.
- Include a fruit or a vegetable with every meal or snack.
- Cook in low-fat ways: roast, broil, grill, microwave, steam, or bake. Use nonstick pans or cooking sprays.
- Substitute low-fat ingredients in your favorite recipes. For example, try low-fat

cheese instead of the regular kind.

- Cut back on high-fat toppings, such as butter, margarine, sour cream, regular salad dressing, mayonnaise, or gravy. Instead, season your food with herbs, spices, salsa, lemon juice, or other low-fat choices.
- Check food labels. Choose the products with fewer calories and less fat.
- Stock your kitchen with low-calorie, low-fat snacks, such as air-popped popcorn, pretzels, and fruit. Keep serving sizes small.
- Other things I can do: _____

- 減少最喜愛但熱量高的食物份量。
- 在外用餐時，與朋友或家人共享一道主菜。或打包一些帶回家隔日再用。
- 外食時要求沙拉醬和沾醬擺在盤子邊，盡量少沾用。
- 每餐或點心時都要吃一種水果或蔬菜。
- 以低脂方式烹調：爐烤、炙烤、燒烤、微波、蒸或烘烤。使用不沾鍋或噴霧油。
- 將喜歡吃的菜裡的食材改成低脂的。例如，將一般起司改成低脂起司。
- 減少高脂醬料，例如奶油、黃油、酸乳酪、一般沙拉醬、美奶滋或滷汁。改以香草、香料、莎莎醬、檸檬汁或其他低脂醬料來調味。
- 查看食物包裝標示。選擇熱量和脂肪較少的產品。
- 在廚房存放些低熱量和低脂點心，例如無奶油爆米花、椒鹽脆餅 (Pretzel) 及水果。減少食物份量。
- 其他方法： _____

How to be more physically active 如何增加運動量

- Take a 30-minute walk every day. Or split up your daily activity—try a 10-minute walk after each meal. If you haven't been very active recently, check with your health care team first. Start off with a 10- to 15-minute walk every other day, then little by little walk farther and walk more often.
- Find a physical activity you enjoy, like swimming, dancing, bicycling, or doing the exercises on TV programs.
- Be active around the house: work in the yard, play with the kids, get up to change the TV channel, and walk around while you talk on the phone.
- Take the stairs instead of the elevator.
- Take the dog for regular walks.
- Walk instead of drive whenever you can.
- Park at the far end of the shopping center lot and walk to the store.
- Other things I can do: _____

- 每天散步 30 分鐘。或將每天的運動量分成幾次完成，例如試試每餐飯後散步 10 分鐘。如果最近的運動量並不大，請先向醫護人員詢問是否可這麼做。一開始先每隔一天走 10 到 15 分鐘，然後再逐漸增加距離和頻率。
- 找到自己喜歡的運動，例如游泳、跳舞、騎腳踏車或跟著電視節目一起運動。
- 盡可能找家事來做：園藝、與孩子玩耍、起身去轉電視頻道，以及講電話時四處走動。
- 不搭電梯，改走樓梯。
- 在固定時間遛狗。
- 盡量以走路代替開車。
- 將車子停在購物中心停車場的最遠一端，然後走路到店裡。
- 其他方法： _____

How to keep a record of your progress 如何記錄減重進度

Keep track of your weight loss efforts. Many people find that writing everything down helps keep them on target. Use a small notebook and keep it with you all day.

最好能將減重成果記錄下來。很多人都發現，將所有細節記錄下來有助於達到目標，因此試試看隨身帶著一本小筆記本。

- Write down everything you eat and drink. Include the serving size. Some people set target levels of calories or grams of fat and keep track of their daily totals.
- Make a note of what kind of physical activity you've done and for how long.
- You may want to check your weight once a week and write it down or use your clothes as a measure of weight loss. Are your pants a bit loose around the waist? Can you fit into the blouse you haven't worn for years?
- 記下吃了/喝了什麼東西。記錄份量大小。有些人會訂下熱量或脂肪克數的目標量，然後記錄每天的總量。
- 記下自己做了什麼運動，以及運動的時間。
- 每週量一次體重並記錄下來，或在穿衣服時感覺自己的減重效果。比方說穿褲子的時候，覺得腰部變鬆了？或者穿得下幾年沒穿的襯衫了？

How a support system can help 尋求支援團體的協助

Many people find it motivating to meet on a regular basis with people who are also trying to lose weight. You may want to consider

joining a group for weight loss, exercise, or general support. Or create your own support system by talking with friends and family about your successes and your struggles. Find a walking buddy or friends who also want to improve their health and work together to set goals for success.

很多人發現，如果能定期與同樣嘗試減重的人聚會，減重的動力會更強。所以不妨考慮參加減重、運動或一般支援團體。或也可以自己找尋支援，跟朋友和家人談談自己在這方面的成功和困難。另外也可以找散步的夥伴或也想改善健康的朋友，一起運動來達到成功目標。



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