





Plan Ahead Before Weight Loss

Many of us are getting back to work after the Lunar New Year holiday. A lot of people might have eaten too much during the holiday and hence are devising plans to lose weight. This issue, we are going to introduce ways to launch a weight loss program.

<h3>Step 1: Make Commitments</h3>	<h4>How to assess your ideal body weight?</h4>
<p>Make commitments and write down your weight loss program:</p> <ul style="list-style-type: none"> • The best weight loss progress is to lose around 1-2 pounds per week to obtain optimal weight. Set weight loss target with this speed, e.g. 6 weeks, 2 months, etc. • Cause for weight loss, e.g. to reduce the health problems associated with obesity, attending a wedding ceremony, etc. • Stick your goals to an eye-catching place for self-reminder, e.g. work desk. 	<p>The simplest way is to use Body Mass Index to assess:</p> $\text{Body Mass Index (BMI)} = \frac{\text{Body weight(kg)} \div \text{body height(m)}^2$ <p>Ideal range of BMI : 18.5-22.9</p>
<h3>Step 2: Check You Own Physical Conditions</h3>	
	<ul style="list-style-type: none"> • Know your physical conditions, e.g. height, weight, whether you are fit for doing exercise, etc. • Check your present physical activity level, eating habits, etc. • Anticipate the difficulties to be encountered, e.g. whether there would be a business trip in the near future, whether there is sufficient space to do light exercise at work, whether you could find a sports buddy at work, etc.
<h3>Step 3: Set Realistic Goals</h3>	
<ul style="list-style-type: none"> • Goals should be realistic, achievable and flexible. • Set long and short term goals. For example: <ul style="list-style-type: none"> - Short term goal: Walk for at least 15 minutes for 3 days in a week during lunch hours in the first month. - Long term goal: Accumulate 150 minutes of aerobic exercise every week. • Goals must be flexible as white collars are likely to change their daily habits owing to long working hours, long vacations, etc. Contingency plans should be devised when initiating a weight loss program. 	
<h3>Step 4: Seek Supports</h3>	
	<ul style="list-style-type: none"> • Look for colleagues bearing the same belief as partners in your weight loss program. • Share health information with your colleagues, e.g. healthy recipes, best way to do exercise, etc. • Encourage, invite your colleagues nearby to do exercise together.
<h3>Step 5: Check Your Progress Persistently</h3>	
<ul style="list-style-type: none"> • Check your progress periodically, e.g. check whether your activity level is up to your preset goal every week. • Revert to Step 3 if you find that the goal previously made is unachievable. • Reward yourself after achieving a goal, e.g. go on an outing for a day, having a small gift for yourself, etc. 	

Only if we can do more exercise and control our diet to make our calories being burnt faster than our intake, we can lose weight. Starting from today, let us move on the road to health step by step!