



State of Wisconsin
Department of Health Services

Jim Doyle, Governor
Karen E. Timberlake, Secretary

December 23, 2008
For Immediate Release

CONTACT: Stephanie Marquis, 608-266-1683

Keep Your New Year's Resolution to Lose Weight

With the sumptuous food and treats available during the holiday season, it's easy for us to overdo it – even while we are adopting a New Year's resolution to lose weight and be active.

“Making a resolution to lose weight today is an important first step to a long and healthy life,” said Department of Health Services Secretary Karen Timberlake. “You can get a strong start by knowing where you are at today; then set realistic goals to eat healthy and include physical activity into your life.”

Being overweight or obese increases the risk of many diseases and health conditions, including Type II diabetes, hypertension, heart disease, sleep apnea, some cancers, and joint problems. In Wisconsin, 2 of 3 adults are either overweight or obese.

Most people know their overall health depends on being physically active and maintaining a healthy weight. The problem is that most good intentions often get derailed even before they can be put into practice. Suggestions to get started include:

- Writing down what you eat and drink for a few days, including the time and how much you are eating
- Tracking your activity level for a week
- Knowing your numbers -- specifically your body mass index (BMI)

“Whether your goal is to achieve and maintain a healthy weight, be physically active on a regular basis, or make healthy food choices, you should recognize that taking small steps can have a lasting impact. Small changes made over time will be more likely to become part of your daily routine,” Timberlake added.

The Department of Health Services website has information and links to online nutrition, activity tracking sheets and BMI calculators to help you determine your numbers at <http://dhs.wisconsin.gov/health/physicalactivity/ToolCalcs.htm>

- END -