

# SESSION 1: Introduction to the Program and Calorie Balance



## Obesity

Obesity means that your body mass index is 30 or higher. BMI is a measure of your weight for your height.

- More than 40% of American adults have obesity.

If you have obesity, you are more likely to get:

- Diabetes
- Heart disease or have a stroke
- Many types of cancer

The good news is that losing weight and being active can greatly reduce your risk of these other conditions.

## HOPE Goals

**HOPE** is a yearlong program. It's designed for people with obesity.

### By the end of the year, your goal is to:

- Lose around 10 percent of your starting weight
- Be getting at least 175 minutes of physical activity each week

### Losing weight can:

- Prevent or delay type 2 diabetes, heart disease, and certain types of cancer
- Ease sleep problems, arthritis, and depression
- Lower your blood pressure and cholesterol level
- Improve your energy level and fitness

### Getting more active can:

- Prevent or delay type 2 diabetes, heart disease, cancer
- Give you more energy
- Help you sleep better
- Improve your memory, balance, and flexibility
- Lift your mood
- Lower your blood pressure and cholesterol
- Lower your risk of heart attack and stroke
- Lower your stress level
- Strengthen your muscles and bones

## Your Goals

### Activity Goal

Over the next year, I will work up to getting at least 175 minutes of activity each week at a moderate pace or intensity or more.

### Weight Goal

I weigh _____ pounds
<b>IN THE NEXT YEAR, I WILL:</b>
Lose around 10 percent of my body weight
Lose at least _____ pounds
Reach _____ pounds