

## Weight Loss for Seniors – Good Guideline

We have been told for years that carrying extra weight can lead to big health problems. Unfortunately seniors have greater challenges in the "battle of the bulge". As we age our metabolism naturally slow down. We tend to be less active and more sedentary for many reasons. We also have the challenge of maintaining an adequate nutritional status. Studies have shown that a twenty-year-old and a 60-year-old who eat the same meal and then participate in the same exercise will burn different amounts of calories. The 20-year-old will burn significantly more calories.

There are hundreds of books, tapes and Websites that tout the latest and greatest diets and exercise programs. It can be very confusing. What may work for one person, may not work for another. We would advise you investigate all diets carefully and review all with your physician before starting. Be sure to review your medications with him (or her) at the same time, as some medications may react with certain foods. **Stay away from fads and outrageous claims.**