

weight management

The choices you make each day can lead you to a healthier lifestyle. Eating right and exercising can make you feel good about yourself and reduce the risk of more serious illness. Maintaining a healthy body weight is important to your overall well-being.

Here are a few things you should know:

- It is very important to stick with your therapy.
- Weight gain can be linked to an increased appetite, so it is important to be aware of how much you are eating.
- If you start to gain weight, talk to your doctor about ways to manage it.

There are things you can do to manage your weight:

- Drink plenty of water—six to eight 8-oz glasses each day.
- Choose water or diet soda instead of regular soda.
- Exercise at least 3 times a week. You can start by walking 15 minutes each time.
- Make healthy food choices:
 - Eat smaller portions more often (as many as 6 times a day) to help control your feelings of hunger and decrease the total amount of food you eat each day
 - Snack on crunchy fruits and vegetables (carrots, celery, apples, broccoli), or low-fat crackers and rice cakes
 - Try not to eat high-calorie “junk food” (potato chips, cookies, candy, cake)
 - Control “sweet” cravings by eating fruit such as grapes, peaches, berries, and melon
 - Eat less red meat and more white meat (choose broiled chicken breasts instead of hamburgers)
 - Stay away from fast food and fatty/greasy foods
 - Avoid sugars and starches (cakes, cookies, sugary sodas, pasta) and high-fat foods (potato chips, french fries, ice cream)

The checklist on the reverse side can help you:

- take note of any changes in your appetite
- drink enough water, and choose water instead of sugary sodas or juices
- exercise, including walking
- eat smaller portions, but eat more often
- choose fruits and vegetables instead of junk food
- eat fewer sugary/starchy foods

Making simple changes can help you lead a healthy lifestyle

| | Start | Week __ | Week __ | Week __ | Week __ | Week __ | Week __ |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Date | | | | | | | |
| Weight | | | | | | | |
| Appetite <i>(circle increase: ▲, decrease: ▼, no change: n/c)</i> | ▲ ▼ n/c | ▲ ▼ n/c | ▲ ▼ n/c | ▲ ▼ n/c | ▲ ▼ n/c | ▲ ▼ n/c | ▲ ▼ n/c |
| Water intake <i>(glasses per day)</i> | | | | | | | |
| Chose water instead of sugary sodas or juices <i>(check where applicable)</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Walking <i>(times per week)</i> | | | | | | | |
| Other exercise | | | | | | | |
| Food choices <i>(check where applicable)</i> | Current habits | | | | | | |
| – ate smaller portions | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| – ate more often | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| – chose healthier snacks <i>(fruits, vegetables)</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| – avoided fast food <i>(french fries)</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| – ate less sugary/starchy foods <i>(cookies, cakes)</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| – ate less high-fat foods <i>(ice cream, hot dogs, potato chips)</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Sources:

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Wirshing DA, et al. Novel antipsychotics: comparison of weight gain liabilities. *J Clin Psychiatry*. 1999;60:358-363.

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