

Diet like a dream steadily kg by kg ~ No.1 ~

Are you the one who went on hundreds of times of diet but haven't succeeded and gave up? Have you otherwise gained back the weight? The trainers and registered nutritionist at our health insurance society will introduce how to go on "Diet like a dream-steadily kg by kg." Spring is the time of the year when fat can be easily cut off.

Let's enjoy dieting together based on this program!

*Please print the sheet to use.

*Firstly, let's check out if you are really fat.

Firstly, let's check out if you really need to go on a diet with the following calculation.

· Standard body weight=the most ideal body weight
 $\text{height (m)} \times \text{height (m)} \times 21 \sim 22 =$ kg

· Beauty body weight=body weight at which you feel yourself light
 $\text{height (m)} \times \text{height (m)} \times 19 \sim 20 =$ kg

· Ultimate body weight=body weight at which you should not lose any more fat
 $\text{height (m)} \times \text{height (m)} \times 18.5 =$ kg

(eg) if you are 170cm tall Standard body weight $1.70 \times 1.70 \times 22 = 63.6$ Beauty body weight $1.70 \times 1.70 \times 20 = 57.8$
Ultimate body weight $1.70 \times 1.70 \times 18.5 = 53.5$ * The Japan Society of the Study of Obesity states that you are sound if the numeric of weight(kg)÷[height(m)×height(m)] falls between 18.5 and 24 is, and ideal if it is 22.

*Let's set a goal in your body weight.

How much do you wish to weight? kg

How much do you have to lose for your goal? kg

*Let's check out your daily life.

(Exercise) Please tick all the boxes that apply.

1	I always use the car to commute or for work.	<input type="checkbox"/>
2	I am likely to feel my feet heavy and walk ploddingly.	<input type="checkbox"/>
3	I don't like walking and feel like avoiding places where I have to walk.	<input type="checkbox"/>
4	I quickly feel like resting when I walk and have backache after a long walk.	<input type="checkbox"/>
5	I am likely to enjoy my day off in peace at home.	<input type="checkbox"/>
6	The thickness of the fat is more than 2 cm when I vertically grab near my navel.	<input type="checkbox"/>
7	My back hurts when I stand for hours or carry a heavy load.	<input type="checkbox"/>
8	My muscle of the back is weak and I have a stoop and my chin up.	<input type="checkbox"/>
9	I easily get my back or lumbar hurt, or get stiff shoulders when I have sedentary work or watch television.	<input type="checkbox"/>
10	I become breathless or palpitant when I climb up the stairs of crossover bridge or station, or stir my stumps.	<input type="checkbox"/>
11	I hesitate at the first step on the escalator.	<input type="checkbox"/>
12	I often bump into people in the crowd or fail to avoid the bike approaching head-on.	<input type="checkbox"/>

13	I feel lazy putting on my shoes in the morning, and use a long shoe horn.	<input type="checkbox"/>
14	When I stand up or sit down, I sigh or say “oops.”	<input type="checkbox"/>
15	It is hard recovering from the weekend when I did some exercise.	<input type="checkbox"/>

How many marking did you have?

- 0 Your balance of exercise is good. Keep it up!
 1 ~ 4 You are slightly on the side of under exercising.
 5 ~ 9 You are short of exercise. Let's get exercise together and work up a good sweat.
 10 ~ Your health may be declining due to lack of exercise. Go through a health checkup to see your health condition, and have some direction from your doctor to get exercise safely.

(Diet) Please tick all the boxes that apply.

1	I am likely to just have bread and butter (margarine), and coffee for breakfast.	<input type="checkbox"/>
2	I am likely to eat out.	<input type="checkbox"/>
3	I am likely to finish meal in around 10 minutes.	<input type="checkbox"/>
4	I don't chew food well.	<input type="checkbox"/>
5	I am likely to skip breakfast.	<input type="checkbox"/>
6	I don't have regular mealtimes.	<input type="checkbox"/>
7	I like oily food.	<input type="checkbox"/>
8	I like meat dish more than sea food.	<input type="checkbox"/>
9	I am up for dessert even if I'm full.	<input type="checkbox"/>
10	I always have sweets at tea time.	<input type="checkbox"/>
11	I have cold beverage or canned coffee almost every day.	<input type="checkbox"/>
12	I often have alcohol.	<input type="checkbox"/>
13	I often have dinner after 9 pm.	<input type="checkbox"/>
14	I am likely to have supper.	<input type="checkbox"/>
15	I often eat my family's leftover food.	<input type="checkbox"/>

How many marking did you have?

- 0 Your eating style is very good. Keep it up as your eating habit!
 1 ~ 4 You need a slight modification. You will get the good eating habits with just a little awareness.
 5 ~ 9 There are many improvements. Start with anything think you could do.
 10 ~ It's time to overhaul drastically. Getting the good eating habits is a shortcut to achieve your goal of dieting.

***Advice from the staff**

To look back to your living habit and find issue(s) is the starting point in dieting. Do what you think you could and change your bad living styles! It will also help you avoid gaining back the weight!!

***Next step of “diet like a dream”**

Let's strive for 1kg of loss in weight per month!
“You'll lose 1kg responsibly by improving 3 habits”
 -How can I do that?
 -With meals?
 -With exercise?
 -How will you do?