

Shed the Pounds: Weight Loss for Older Adults

Excess pounds are something we shouldn't ignore, no matter how old we are. [An unhealthy weight can lead to an increased risk for serious health conditions](#) and diseases, including high cholesterol, high blood pressure, stroke and more. When it comes to losing weight, there are plenty of fad diets to shed pounds quickly – but these can leave you feeling tired, hungry and irritable, and can cause more damage to your body than good. But, losing weight can go well with the right plan. Here are some tips we at Stonebridge at Montgomery have found to help through the weight loss process.

Best Tips to Losing Weight in a Healthy Way

- **Be Mindful of Your Menu:** Although it's not necessary to give up indulgent foods completely, enjoy carb-and sugar-heavy foods within sensible limits. These foods can lead to high blood sugar, which makes it difficult to shed extra pounds. Find a balanced meal plan that works for you, focusing on fruits, vegetables, lean proteins, low-fat dairy and whole grains. To get started, check out [MyPlate for Older Adults](#), developed by Tufts University and AARP. This healthy eating guideline corresponds with the federal government's Dietary Guidelines for Americans.
- **Find an Exercise Routine:** Developing a physical fitness routine that fits within your needs and schedule will help shape healthy habits. Try different variations of physical activity to ensure a full-body workout throughout the week. Strength training is helpful to those wanting to lose weight – since muscle is metabolically active, the more muscle mass you have, the faster your metabolism is. Along with this, incorporate low-impact exercises like brisk walking and swimming to avoid the risk of too much stress on your joints.
- **Stay Hydrated:** Hydrating your body benefits your body in many ways, including helping to maintain a healthy weight. And, be sure to drink a glass of water before working out. It's been found that it can [boost your metabolism by 24-30%](#) within an hour to hour and a half period, helping you burn off even more calories.

Before starting on your weight-loss journey, discuss your plans with your doctor. As experts, they can help you form a plan that meets your needs,

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without jeopardizing any other medical concerns you may have, or connect you to a trainer that specializes in weight loss for older adults. It's helpful to receive trusted advice from a healthcare professional.

Learn How to Achieve Maximum Wellness at Stonebridge at Montgomery

At Stonebridge at Montgomery, wellness is engrained in everything we do. That's in part because we have [LivWell](#), our award-winning holistic wellness program which allows you to touch on all seven dimensions of wellness. One thing that makes LivWell unique is the personalized approach to wellness. If you have a goal to lose weight, our team members can share with you the LivWell activities and programs that can help you achieve your objective.

[Contact us](#) today to learn more about LivWell or schedule your personal tour.