How are you staying Healthy with Hopkins today?

The first wealth is health.

-Ralph Waldo Emerson

According to the Centers for Disease Control and Prevention, more than seven in 10 U.S. adults over age 20 are overweight. Why is excess weight a concern? The answer: Being overweight can cause health problems or worsen ones you already have.

Staying at a healthy weight is especially important if you have or had any of these:

- Heart disease
- Type 2 diabetes
- Stroke
- High blood pressure
- Cancer of the uterus, gallbladder, kidney, esophagus, stomach, thyroid, breast or colon
- High total cholesterol level
- Arthritis, especially osteoarthritis of the back, knees or hips

If your weight isn’t in the healthy range for your height and build, the best way to lose weight is to set a reasonable goal and lose it slowly. For example, lose a half pound to 1 pound per week. An initial weight loss goal of 5% to 7% of body weight is realistic for most people. Create a healthy pattern of eating and exercising that you can follow with ease. Exercise plays an important role in reaching and maintaining a healthy weight.

Here are a few tips to get started:

- Try different types of exercise. Aerobic and strengthening exercises burn calories by increasing your heart rate. Try to include all four types of exercise: endurance, strength, balance and flexibility.
- Don’t make exercise difficult. Physical activity doesn’t need to be strenuous to provide health benefits. No matter what your age, a medium amount of physical activity can be helpful. Do this each day if possible.
- Start with short amounts of activity. If you have not been active, start with brief periods (five to 10 minutes). Slowly build up to the activity level you want to reach.
- Do things you enjoy. If you like to walk and talk with friends, find a partner and start a walking routine. If you want to release stress-related energy or anxiety, try boxing. Dancing is a great form of movement that’s not often thought of as exercise. Most importantly, find exercise and movement that you will enjoy!
- Find ways to be active throughout the day. Use the stairs instead of the elevator. Do wall push-ups while you wait for the breakfast coffee to brew. Park at the far end of the parking lot and walk briskly to the building. Even small changes — when done regularly — can make a big difference in your overall fitness.

According to the first wealth is health.

Ask the Expert
Every Thursday, noon–12:30 p.m.
Join a 30-minute Ask the Expert session with Larry Cheskin, adjunct faculty member, Department of Medicine, to learn how much exercise you really need to promote weight loss — and to keep it off!
Join from the meeting link: lcah.webex.com/lcah/j.php?MTID=m2ee1ef37bdd60730236ce0446e76480e
Meeting number (access code): 2316 633 3866, meeting password: chZ52Dr4Far
Or join by phone: 404-410-4502, access code: 2316 633 3866

Johns Hopkins Employee Highlight
Sandra Matthews, Medical Assistant
Johns Hopkins Community Physicians

“I have lost 30 pounds since September of last year. I have focused on cutting back on junk food and soda and increasing my activity. I come to work early to walk, and I also walk during lunch. The exercise has made a big difference, not only with weight loss but also my energy level. I have also started meditating first thing in the morning. All of this combined has helped me to feel better.”

Share your story. Click here to submit.

Invite a Healthy at Hopkins team member to your next staff meeting to lead a progressive muscle relaxation exercise or guided meditation. Click here to see offerings and to request an event.

Visit the Healthy at Hopkins portal (via my.jh.edu and select the Healthy at Hopkins logo).
Click here for more resources from the Office of Well-being.

Join the Greater Maryland Heart Walk to help fight heart disease and stroke. You can support Johns Hopkins Medicine’s commitment to the Heart Walk, Oct. 8, 2022. Become a walker by joining a team to help raise lifesaving funds. Register and learn more.

Follow us on Instagram @HealthyatHopkins and Twitter @HealthyHopkins for well-being tips and to share how you are staying HealthyatHopkins.