



PIERCEY NEUROLOGY LLC

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Body Mass Index

Body Mass Index (BMI) is a number calculated from a person's weight and height BMI provides a reliable indicator of body fat content. It is a reliable way to determine weight categories that may lead to health problems. It takes into account different body structures, for example those who feel they are allowed more weight because of 'big bone' or 'large amount of muscles' or 'being stocky build' should still maintain a normal BMI since it is a reliable indicator of body fat content not body bone content...not body build etc.

Body Mass Index Chart

BMI	66	67	68	69	70	71	72	73	74	75	76
Wgt. (lbs)	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
120	19	19	18	18	17	17	16	16	15	15	15
125	20	20	19	18	18	17	17	17	16	16	15
130	21	20	20	19	19	18	18	17	17	16	16
135	22	21	21	20	19	19	18	18	17	17	16
140	23	22	21	21	20	20	19	19	18	18	17
145	23	23	22	21	21	20	20	19	19	18	18
150	24	24	23	22	22	21	20	20	19	19	18
155	25	24	24	23	22	22	21	20	20	19	19
160	26	25	24	24	23	22	22	21	21	20	20
165	27	26	25	24	24	23	22	22	21	21	20
170	27	27	26	25	24	24	23	22	22	21	21
175	28	27	27	26	25	24	24	23	23	22	21
180	29	28	27	27	26	25	24	24	23	23	22
185	30	29	28	27	27	26	25	24	24	23	23
190	31	30	29	28	27	27	26	25	24	24	23
195	32	31	30	29	28	27	27	26	25	24	24
200	32	31	30	30	29	28	27	26	26	25	24
205	33	32	31	30	29	29	28	27	26	26	25
210	34	33	32	31	30	29	29	28	27	26	26
215	35	34	33	32	31	30	29	28	28	27	26
220	36	35	34	33	32	31	30	29	28	28	27



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Thin for Life: 10 Keys to Success from People Who Have Lost Weight and Kept It Off

[Anne M. Fletcher M.S. R.D.](#) (Author)

As a nutritionist, Anne M. Fletcher, MS, RD, has counseled hundreds of people with [weight problems](#). In her book, *Thin for Life*, she provides the latest nutrition and diet information.

However, inspiring stories from "masters of [weight](#) loss" are the real meat of this book. These are people who have lost at least 20 pounds and kept the weight off for a minimum of three years. Fletcher integrates quotes from interviews she conducted with more than 200 masters at weight loss, who share their success tips.

"Who better to tell you how to lose weight permanently than the very people who have done it?" writes Fletcher. "*Thin for Life* demonstrates the sensible, livable approaches the masters take to control their weight."

Fletcher's book outlines 10 Keys to Success based on wisdom gleaned from these weight loss masters. The book also contains their favorite recipes.

The first edition came out in 1994; the revised edition (2003) contains new scientific information that "firmly buttresses the book's original findings," writes Fletcher. The book includes updated nutrition and diet information, new sections on high-protein diets, [yoga](#), and tai chi, and other resources for losing weight.

Anne Fletcher's *Thin for Life*: What You Can Eat

Fletcher says: "You don't have to starve, buy fancy foods or portions or stay away from sweets and so-called 'junk' foods." She talks about "high-flavor, low-risk eating" that involves cutting calories and fat to match recommended intake for your height.

She also outlines a Six-Week Nondiets Weight Control Plan - which means that, week after week, you integrate one segment of the Food Guide Pyramid into your diet. In Week One, for example, you're focusing on fat, oils, and sweets intake - and learning to use them sparingly.

Examples of Fletcher's focus on high-flavor, low-risk foods:

Breakfast: Cheerios with skim milk and a banana

Snacks: Fig bars; sherbet; jelly beans; low-fat popcorn.

Lunch: Very lean baked ham on rye bread with reduced-fat mayonnaise

Dinner: Broiled halibut with margarine and lemon juice; cooked spinach with lemon juice

Dessert: Cantaloupe with low-fat frozen vanilla yogurt

Fletcher advises experimenting with reduced-fat versions of yogurt, sour cream, cheese, and milk to find those you like. She also lists 22 ways to shave fat from your recipes - by



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substituting egg whites for whole eggs, unsweetened cocoa for baking chocolate, chocolate syrup for fudge topping, evaporated fat-free milk for heavy cream, and applesauce for oil, for example.

Also, small amounts of flavorful fats like butter, olive oil, bacon fat, and sesame oil can go a long way to enhance a low-fat recipe, she says.

Anne Fletcher's Thin for Life: How It Works

Fletcher's 10 Keys to Success are a cornerstone of her book. They are:

1. Believe that you can become thin for life. "The masters' stories will help you believe in your own power to lose weight and keep it off forever," writes Fletcher. "The masters at weight control are living proof that weight destiny need not be controlled by your genes or by the fact that you're a 'slow burner.' The masters have learned how to 'stifle' their genetic legacy."

2. Take the reins. Make the decision to take action, choose a way to lose weight, and begin making day-to-day decisions about food. You must face the truth about your weight, how you eat, and how you look. "Develop a kind of selfishness about yourself and your weight," she writes. "Accept that it's not easy, it's not always fair. Be persistent."

3. Do it your way. "If you want to lose weight, you have to find what's best for you," says Fletcher. For example, Ernie L. says, "For me, it was a combination of [exercise](#), psychological and philosophical enlightenment, and healthy diet - low-fat, low-protein, low-alcohol, and low-carbohydrate." Structured weight loss programs work for some people; others like Ernie develop their own schemes, which rarely involve a stringent diet.

4. Accept the food facts. You can't eat whatever you want. You have to make low-fat eating enjoyable, writes Fletcher. She describes her Six-Week Nondietering Weight-Control Plan and lists lots of substitutions for high-fat products used in cooking. She also includes a detailed chart listing fat and calorie content in many common foods.

5. Nip it in the bud. Tackle <http://www.webmd.com/diet/medical-reasons-obesity> on a day-by-day, meal-by-meal basis, says Fletcher. Closely monitor your weight. Establish a weight buffer zone ('I will gain no more than five to 10 pounds'), and be adamant about not exceeding it. Have a set plan of action if you hit your upper limit - like exercising more or stopping snacking. Plan how you will handle high-risk eating situations like parties.



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6. Learn positive self-talk. Learn to control your mental dialogue, the ongoing conversation in your head. When negative, self-defeating self-talk outweighs the positive, coping thoughts, you're not going to do well in weight management efforts. With positive self-talk, you'll come to believe in yourself more and more, writes Fletcher.

7. Move it or lose it. Commitment to exercise is the single best predictor of keeping weight off. It's not necessary to be an exercise fanatic - but exercising consistently and enjoying it are essential, she writes.

8. Face life head-on. Learning how to cope with life's ups and downs - without turning to food - can make a big difference in overcoming a weight problem, Fletcher says. Those who have mastered weight loss have put an end to the instant gratification of overeating. They've learned to deal with life's problems in constructive ways, without turning to food.

Feel the gratification that comes from regaining control over your emotions and your weight. When you get cravings, simply wait them out. Talk yourself out of eating. Get counseling from a psychologist - it could help immensely.

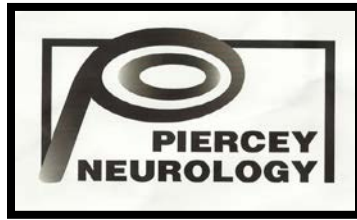
9. Get more out of life. Balance your lifestyle, and your sense of craving and deprivation will decrease, writes Fletcher. People who succeed at weight control tend to develop new hobbies, interests, friendships. A healthy lifestyle improves your self-esteem, which gives you confidence to make other changes in your life.

Make a list of things you like about yourself - to give you the strength to do better. List things you've always wanted to do, then figure out a way to do them. Reward yourself - but without food.

10. Don't go it alone. Support from family and friends can be critical to long-term success at weight control. For many people, individual counseling (from a registered dietitian, social worker, or psychologist) is very helpful. Others prefer group support like Weight Watchers' group meetings.

"Her book sends out a very positive message," says Cynthia Sass, MPH, MA, RD, co-author of *Your Diet is Driving Me Crazy*.

"We used to hear the statistic that 98% of dieters gain it back," says Sass. "But newer information now is that only about 80% of people gain it back -- 20% are keeping it off. Her whole premise is, 'How did they do it?' She called them and found out.



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"The people in her book are successful - they show that you're not doomed to fail. This is not a how-to type of book. This is a book about what these people did - and what you can learn from them."

They're using advice that nutritionists given for years, Sass notes. "This book is not about a quick fix. It's more about lifestyle modification. I've recommended this book to many people, and they've said they could relate to the case studies."

Anne Fletcher's Thin for Life: Food for Thought

For good advice, go to the experts. People who have successfully lost weight and figured out how to keep it off certainly qualify. This book, filled with inspiring stories, can help you find your own path.