

Weight Management

Tailoring weight management for different AGE groups

Children (Ages 5-12)

Focus: Healthy Growth and Development

- **Nutrition:**

- o Emphasize balanced meals with plenty of fruits, vegetables, whole grains, and lean proteins.
- o Limit sugary snacks and drinks. Encourage water and milk as primary beverages.
- o Make healthy eating fun by involving children in meal preparation and making food choices.

- **Physical Activity:**

- o Encourage at least 60 minutes of physical activity each day through play, sports, and outdoor activities.
- o Reduce screen time and promote active family outings.

Teens (Ages 13-18)

Focus: Building Healthy Habits and Body Image

- **Nutrition:**

- o Promote a balanced diet rich in nutrients, considering the increased energy needs of growing teens.
- o Address the risk of unhealthy dieting behaviors by educating teens on balanced eating.
- o Encourage the consumption of whole foods over processed options and discuss the importance of meal timing.

- **Physical Activity:**

- o Encourage participation in sports, fitness classes, or active hobbies. Aim for at least 60 minutes of moderate to vigorous activity daily.
- o Introduce strength training to build muscle and increase metabolism.



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Adults (Ages 19-64)

Focus: Preventing Weight Gain and Managing Health Risks

▪ **Nutrition:**

- o Encourage a diet rich in fiber, lean proteins, healthy fats, and low in refined sugars and saturated fats.
- o Promote portion control and mindful eating practices to prevent overeating.
- o Suggest meal planning and preparation to maintain a balanced diet despite a busy lifestyle.

▪ **Physical Activity:**

- o Recommend at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week, along with muscle-strengthening exercises twice a week.
- o Encourage finding a workout routine that fits their schedule and interests, such as joining a gym, running, or group fitness classes.

Seniors (Ages 65+)

Focus: Maintaining Mobility and Preventing Muscle Loss

▪ **Nutrition:**

- o Focus on nutrient-dense foods that are rich in vitamins and minerals, particularly calcium and vitamin D for bone health.
- o Ensure adequate protein intake to preserve muscle mass and support overall health.
- o Address any dental or digestive issues that may affect food choices and nutrient absorption.

▪ **Physical Activity:**

- o Encourage regular, low-impact exercises such as walking, swimming, or tai chi to maintain mobility and balance.
- o Incorporate strength training exercises to prevent muscle loss and maintain independence.
- o Include flexibility and balance exercises to reduce the risk of falls.



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