

Complete resources for weight management.

Personal excellence.

Maintaining a healthy weight is a common challenge on the road to recovery from wounds, injuries, or illnesses. Finding a healthy weight that is right for you can take some time, and it is important to keep in mind that even small changes in weight can affect your body's ability to heal and recover. You can achieve a healthy weight by eating a balanced diet of nutrient-dense foods and engaging in physical activity. As a resource for weight management, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers educational resources and materials to help you lose or gain weight, or maintain a healthy weight.

Visit www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-weight-management.aspx to learn more about weight management, including:

- ▶ Understanding Impacts to a Healthy Weight
- ▶ Benefits and Strategies for a Healthy Weight
- ▶ Determining Your Caloric Needs
- ▶ Challenges and Adjustments to a Healthy Weight
- ▶ Overcoming Challenges to a Healthy Weight

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/pages/health-promotion.aspx.

For more information on your local resources, contact:



FIT FOR DUTY. FIT FOR LIFE.



Weight Management for Wounded, Ill, and Injured Sailors and Marines



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Fuel for excellence.

Dietary limitations, lack of sleep, and side effects from medications may cause a change in eating habits. The result may be the consumption of more or less calories than your body needs to function, which can result in weight gain or weight loss. Being overweight, obese, or underweight may impede healing, lower quality of life, or cause additional health problems. The good news is that you can aid your recovery by engaging in a balanced and healthy lifestyle. This balance requires a nutritious diet of protein for muscle recovery,¹ vitamins and minerals for tissue repair and reduced scarring,² and complex carbohydrates for needed energy.³

To eat a nutritious diet, select nutrient-dense foods (whole grains, lean protein, fruits, vegetables, and fat-free or low-fat milk products) that give you the biggest bang for your buck. They contain the most vitamins and minerals, which provide you with quality energy, for the least amount of calories.⁴ Many nutrient dense foods are also high in fiber and/or protein which can also make you feel full longer. This can help reduce your intake and help you maintain a healthy body weight.⁴ Also, try replacing sugary drinks with water to help keep you hydrated.

Get moving.

Along with nutrition, an important aspect of weight management is physical activity. A wound, illness, or injury may change the level or type of physical activity that you engage in. Depending on the type of illness or injury, physical activity may only be limited initially, as your body adjusts to its new state. Other situations may require long-term adaptation. Changes in physical activity level or type of activity can result in weight gain, so it is important to stay active. Be sure to consult with your health care provider or physical therapist about appropriate activities. There are lots of ways to be active and you may discover a new favorite sport or activity!

There are physical and psychological benefits to being active. Physical benefits include improved energy levels, enhanced wound healing, better sleep, reduced joint pain, and decreased risk of developing other health conditions, such as cancer, high blood pressure, or cardiovascular disease.⁵ Psychological benefits include improved mood, greater confidence, and enhanced quality of life.⁴

Maintaining a healthy weight.

Healthy weight loss isn't just about a "diet" or "program." It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits. These changes can be challenging, particularly during recovery. Things such as medication side effects and changes to your metabolism can also be a factor.

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While some factors may be out of your control, there are steps you can take towards achieving a healthy weight.

Permanent and healthy weight management can be achieved by eating a "balanced" diet, which will ensure peak performance. To help you lose weight, follow the healthy eating and exercise tips above while maintaining a daily calorie intake that will result in 1-2 pound weight loss per week.⁶ Your daily calorie intake should consist of 45-65 percent nutrient-rich carbohydrates, 10-35 percent lean proteins, and 20-35 percent healthy fats.⁷ For example, 50 percent of a 2000 calorie diet would be 1000 calories from carbs or 250 grams of carbs; 20 percent proteins would be 400 calories from protein or 100 grams of protein; and 30 percent fats would be 600 calories from fat or 67 grams of fat. Start your day with breakfast and eat small portion meals or snacks every 3-4 hours to limit overeating.

Gaining weight.

Sometimes injuries and illnesses, as well as their treatments, can lead to being underweight. While this often receives less attention, being underweight can also hinder healing. Achieving and maintaining a healthy weight can assist in the recovery process. You can gain weight by selecting and eating nutrient-dense foods that are also higher in calories, staying hydrated, and adding strength training or resistance training to your workout routine with guidance from your health care provider or physical therapist.

Next steps.

Recovering from a wound, illness, or injury may result in some challenges you were not expecting, including weight loss or weight gain. Before starting a weight loss or weight gain program, or before resuming a normal diet, be sure to contact your local dietitian or health care provider for guidance on receiving the proper nutrients, the amount of calories you should consume, and any dietary restrictions. As you progress through recovery, also work with your health care provider, physical therapist, or dietitian to address side effects from medications, poor or little sleep, and changes in diet and physical activity. Optimal weight is important to recovery and overall health, both in the short-term and the long-term.

¹ Protein in diet. U.S. National Library of Medicine. U.S. Department of Health and Human Services. National Institutes of Health. <http://www.nlm.nih.gov/medlineplus/ency/article/002467.htm>. Updated 12 January 2015. Accessed August 2015

² Vitamins. Medline Plus. U.S. National Library of Medicine. U.S. Department of Health and Human Services. National Institutes of Health. <http://www.nlm.nih.gov/medlineplus/vitamins.html>. Updated 5 December 2014. Accessed August 2015.

³ Carbohydrates. National Institutes of Health. <http://www.nlm.nih.gov/medlineplus/ency/article/002469.htm>. Updated May 2014. Accessed August 2015.

⁴ Weight Loss: Feel Full on Fewer Calories. The Mayo Clinic. <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20044318>. Updated May 2014. Accessed August 2015.

⁵ Division of Nutrition, Physical Activity, and Obesity. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/basics/pa-health/>. Updated June 2014. Accessed August 2015.

⁶ Healthy Weight – It's not a diet, it's a lifestyle! Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/losing_weight/index.html?s_cid=govD_dnpao_082. Updated August 2011. Accessed August 2015.

⁷ Dietary Guidelines for Americans, 2010. United States Department of Agriculture. <http://www.fns.usda.gov/dietary-guidelines-americans-2010>. Updated February 2014. Accessed August 2015.

