



WATCH THE FIGURE

**Weight loss
by the numbers.**

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PHOTOGRAPHY BY WONG WEI LIANG

There's more to shedding kilos than monitoring the digits on the scale. Here are some other numbers you ought to know about – whether they help you set realistic goals or simply make you realise you aren't alone.

200
MINUTES

The minimum recommended amount of time for the moderate to intense physical activity you should be doing in a week if you want to lose weight, according to WebMD.

50g
fat



*Based on total calorie intake of 1,500kcal.

Or the equivalent of 3½ tbsp of canola oil is the recommended daily fat limit* for an average-sized Asian woman with a sedentary nine-to-five lifestyle, says Jaclyn Reutens, a clinical dietitian on Shape's advisory board. No more than 16g of this total should be saturated. If you're overweight, your dietitian may recommend a different limit so consult her to be sure.

18.5–22.9

The healthy Body Mass Index (BMI) range. BMI measures the proportion of your weight in relation to your height to estimate the amount of body fat you have. It can also give a general indication of the risk levels of certain illnesses like diabetes and heart disease. To calculate yours, visit www.shape.com.sg/bmi-calculator. If your BMI is 23 and above, see a doctor before starting a diet and/or exercise routine. About five per cent of overweight and obese cases are due to hormonal causes which need to be treated first, says Dr Tey Beng Hea, a senior consultant endocrinologist on Shape's advisory board.

1 IN 2

Singaporeans are trying to lose weight, according to a 2012 study by Nielsen. In the Health Promotion Board's 2010 National Health Survey, it was found that half of Singaporeans do not exercise during their leisure hours. Time to move it!

10,000

The number of steps one needs to take in a day to help control weight and lower the risk of diabetes, according to a study conducted by the Murdoch Children's Research Institute in Australia. A lower weight and less body fat reduces the odds of getting the disease. Consider getting an activity tracker or pedometer to motivate you to move more.

450g

TO LOSE THIS AMOUNT OF WEIGHT IN A WEEK, YOU'LL NEED TO TORCH 500 MORE CALORIES THAN YOU CONSUME EVERY DAY.

11g
fat



¼ tbsp of canola oil in a small packet of fries.

355

The number of days the average woman will spend worrying about her weight over the course of her lifetime, according to a study by Soda Stream, a home soda maker brand. It was also found that she did this for about 21 minutes on each of those days.

21g
fat



1 ½ tbsp of canola oil in a plate of roasted duck rice.

49

KILOGRAMS

The ideal weight for a 1.6m tall Singaporean female with a medium frame (defined as having your index finger and thumb touch when you measure your wrist). If your fingers overlap, you have a small frame and should weigh 44kg. If your fingers can't touch, you have a large frame and should weigh 54kg. More at www.shape.com.sg/ideal-weight.

17g
fat



1 1/4 tbsp of canola oil in a slice of pizza topped with ground beef, sausages, various hams, capsicums, olives, mushrooms, onions and pineapple chunks.

11%

THE OBESITY RATE AMONG SINGAPOREAN ADULTS AGED 18 TO 69, ACCORDING TO THE 2010 NATIONAL HEALTH SURVEY. THIS IS EXPECTED TO INCREASE BY ONE PER CENT EACH YEAR.

40

The age at which your metabolism begins to decline more rapidly. What's more, repeated bouts of starvation and indulgence will also cause your basal metabolic rate (BMR) to dip, says Dr Tey. Regular meals and exercise are key to sustaining your BMR.

62g
fat



4 1/4 tbsp of canola oil in a bowl of chicken curry with coconut milk.

80cm

The ideal waist circumference for women. Anything above that is bad news as belly fat tends to surround vital organs, upping your risk of getting cardiovascular diseases, diabetes and stroke.