

Weight Management

Steps To Reach Your Goal Weight

Overweight is a state in which weight exceeds a standard based on height. Obesity is defined as a condition of excessive fatness, either generalised or localised. It is possible to be obese at a weight that is considered in the normal range based on fat percentage. To know where you stand in terms of weight, please see the following tables.

$$\text{Body Mass Index (BMI)} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

Example: An Asian man who weigh 60kg with a height of 1.7m,

$$\text{Body Mass Index (BMI)} = \frac{60 \text{ kg}}{1.7 \text{ m} \times 1.7 \text{ m}} = 20.8$$

Heart Disease Risk	Category	Asian BMI cut-off point for action (kg/m ²)	Current WHO BMI cut-off (kg/m ²)
Low	Underweight	< 18.5	< 18.5
	Normal	18.5 to 22.9	18.5 to 24.9
	Overweight	> 23.0	> 25.0
Moderate	- Pre-Obese	23.0 to 27.4	25.0 to 29.9
High	- Obese Class 1	27.5 to 32.4	30.0 to 34.9
Very High	- Obese Class 2	32.5 to 37.4	35.0 to 39.9
	- Obese Class 3	≥ 37.5	≥ 40.0

MOH Clinical Practice Guidelines 5/2004, WHO expert consultation. Lancet; 363: 157-63
The Asia-Pacific Perspective: Redefining obesity and its treatment

	Desirable Waist Circumference	% Body Fat Desirable Range	
		17 to 29 Years Old	30 to 69 Years Old
Male	< 90 cm	14 – 20%	17 – 23%
Female	< 80 cm	17 – 24%	20 – 27%

Being overweight is not just a cosmetic problem. It is linked to many serious medical conditions such as hypertension (a.k.a. silent killer), sleep apnoea, hypercholesterolemia, type 2 diabetes mellitus with the possibility of kidney failure, heart attack, breast cancer and colon cancer.

Many individuals who are overweight or obese have experienced the yo-yo effect which is the constant weight loss and weight gain after following restrictive diets and excessive exercising. With each turn of the cycle, it takes longer to lose the same amount of weight and less time to regain it. As you can imagine, it is extremely frustrating to the individual, which inadvertently has negative effects on self esteem and health.

The most effective way to transform your body is to lead an active life, follow a sensible eating plan and have the discipline and motivation to execute your plan. Steady weight loss over a longer period of time favours reduction of fat stores, limited loss of protein tissues with an increase in metabolism rate.

Exercise is an extremely important part of a weight management programme. By increasing lean body mass in proportion to fat, exercise helps to balance the loss of lean body mass. Being active is a lifestyle change that can easily be integrated into your life; walking further to your car, taking the stairs, walking instead of driving short distances, getting things yourself instead of asking someone else. These little modifications make huge differences to the amount of energy you expend.

Tips to reduce your calorie intake during mealtimes


- Put your fork and spoon down in between bites
- Eat slowly and savour each mouthful
- Serve food on a smaller plate or bowl
- Do not finish your food; learn to leave one or two bites on your plate
- Split half your food with a friend
- If you feel like having seconds, wait for 20min; the desire should go away
- Talk more at the table to slow down your eating

Before you commence a healthier way of living, go for a health check to know your baseline measurements of your weight, waist circumference, blood sugar, blood pressure, cholesterol levels

and uric acid levels. Keep a permanent record of these figures so that you can see the effectiveness of your new lifestyle and keep you motivated along the way when the numbers improve.

At Aptima Nutrition, we firmly believe in educating our clients to make informed choices about food. Healthy weight loss is 2 to 4kg a month. If you have an excess weight of 10kg, we can help you to lose it in 6 months comfortably.

Our highly trained dietitians are specially trained in dealing with weight issues. A typical nutrition programme would include baseline measurements, dietary assessment, nutrition education and a customised meal plan. There will be regular follow ups to keep you on track until you reach your goal weight. The balanced and nutritious meal plan will be adjusted accordingly at each visit. It is a practical and sensible customised diet that you will be able to follow with ease. Most importantly, it will fit into your lifestyle and travels.

Besides weight management, we also customise diets for those suffering from high cholesterol, fatty liver, gout, diabetes, cancer care and sports nutrition. 



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