USF Health’s Dr. Denise Edwards, director of the Healthy Weight Clinic, delivered an address to Villagers on Tuesday on which she said a four-step balanced approach is needed to maintain a healthy weight. Edwards’ appearance at Savannah Center was the latest in the USF Health in The Villages free information series.

USF Health event touts four-pronged approach to staying fit

By GERT HILLS

Balancing Act for Healthy Weight

WASHINGTON — President Barack Obama needs a perfect score on his election-year State of the Union address Tuesday night to silence the national debate just as he盛行的 or him but as a pre-

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"'AMERICA'S HEALTHIEST HOMESTYLE'
MAINTAIN A HEALTHY WEIGHT

**1. Proper eating**
- Include a variety of vegetables as well as whole grains and lean meats.
- Choose foods to eat rather than something to get. For example, broccoli can get to eating something right out of the ground without even done to it is probably going to be the best for you. Edwards said.
- She said she believes having a protein source such as a fish, meat, or tofu can be used to create a well-balanced meal. Edwards said.
- She said that choosing a set meal for anxiety and stress can contribute to a person's weight gain or inability to lose weight.

**2. Adequate sleep**
- Sleep is critical, she said.
- Edwards said, “Almost any body part is affected by excess weight, constant weight loss even more of a challenge.”

**3. Proper exercise**
- Edwards said that exercise helps control weight.
- She said that exercise is important for maintaining a healthy weight.
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**4. Controlling stress**
- Edwards said that stress can contribute to weight gain or loss.
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- Edwards said that stress can contribute to weight gain or loss.

**Source:** Dr. Denise Edwards, USF Health's director of the Healthy Weight Clinic, told Villagers gathered inside Sauerhaut Center.

Residents who attended Tuesday’s USF Health at The Villages free health information series not only heard Dr. Denise Edwards speak on maintaining a healthy weight, but they also had the opportunity to ask her questions. The ongoing series is part of The Villages-USF Health partnership geared toward making the community America’s Healthiest Hometown.

Curt Hills is an assistant managing editor at The Daily Sun. He can be reached at 753-1119, ext. 9119, or curt.hills@thevillages先导.com.

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HEALTHY, from A1

to make The Villages “America’s Healthiest Hometown.”

Instead of relying on a magic remedy, Edwards told residents to think of getting to, and maintaining, a healthy weight as a tabletop exercise — one is quite table that must be perfectly balanced.

Edwards asked her audience to think of the model for success as a table, supported by four legs of equal length or value to provide a perfect balance for maintaining a healthy weight.

The four-pronged approach consists of proper eating, routine and varied exercise, adequate sleep and minimized stress.

Although it’s sometimes difficult, Edwards said success in losing weight and holding on to that ideal weight can be achieved if one does not become obsessed over the numbers revealed each time they step on the scale.

If you think about the table, not the weight, it makes the goal much easier to reach,” she said.

Certainly, food and eating habits are a target for weight control. While there are many diets on the market, Edwards said, each is usually initially effective.

They all work fantastic while they work, she said.

But the drop-off rate is extremely high after one or two years, she added.

And for folks who run through a roller counter of weight gain and loss, it can set up a body to instinctively think of the model for maintaining weight as a tabletop exercise — one is perfect balance.

The four-way balancing act to maintaining a healthy weight:

1. Proper eating
2. Adequate sleep
3. Proper exercise
4. Controlling stress

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