

Mayo Clinic Minute

Don't wait on losing weight

VIDEO	AUDIO
	You're waiting until after Thanksgiving and Christmas, and the big countdown.
	Then, new year, new weight, right?
Title: JOHN WALD, M.D. MEDICAL DIRECTOR FOR PUBLIC AFFAIRS Mayo Clinic	And I think that's where Americans and all individuals get behind – because they wait.
	Dr. John Wald is Mayo Clinic's medical director for Public Affairs. He also leads Mayo Clinic's National Health Check-Up – a survey which recently put obesity just behind cancer as America's top healthcare concern.
JOHN WALD, M.D.	So, we have to educate consumers, and then give them the tools. What diet do they need? What exercise programs do they need?
	Dr. Wald says one easy lesson is to make your weight a weekly – not an annual – issue.
JOHN WALD, M.D.	There's a scale in my bathroom, and I get on that scale, if not every day, then every other day.
JOHN WALD, M.D.	At the end of the weekend, if I'm up two or three pounds from my activities, whatever they may be, that tells me that I've got to ratchet back.
	Instead of letting the pounds pile up for a whole season or even a year, in 2017, don't wait to lose weight.
JOHN WALD, M.D.	It's easier to make that pound correction than it is to make that 10-pound correction.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.