

*Antipsychotic medications may contribute to weight gain in some individuals. Changes in metabolism can increase your appetite, which can have an impact on your food choices.*

# HEALTHY LIVING AND DIET

## SUPPORT

- Not everyone on antipsychotic medication will gain weight
- It is important to monitor for changes to your weight, so you can get the resources and support you need
- A significant increase in weight can be associated with medical problems such as high blood pressure, high cholesterol, and diabetes
- This cluster of symptoms is referred to as “metabolic syndrome”
- Your healthcare provider can regularly monitor your weight, waist circumference, and blood pressure when you first start your medication
- If you notice changes to your weight, share this with your EPI team (if you are connected to one) or your health care provider

## PROFESSIONAL SUPPORT

If you are thinking about making changes for your physical health and would like support with achieving a healthy weight, talk with your health care provider. They will support you with diet and lifestyle changes, while also developing specific plans to achieve your health goals.



## MY SUPPORTS

The people in my life who can support me:

- Health care professional: \_\_\_\_\_
- Friend or family member: \_\_\_\_\_
- Other: \_\_\_\_\_



## TIPS ABOUT FOOD & EXERCISE

- Avoid going on a strict diet to lose weight
- Eat a balanced diet. Focus on variety: vegetables, fruits, whole grains, dairy and lean protein, for example - turkey, chicken, or salmon
- If you need a snack, reach for fruit or some cut veggies instead of chips or a chocolate bar. Add a protein food for a larger, more filling snack, for example - veggies & hummus, or fruit & yogurt
- Stay well hydrated - make water your first drink of choice, and limit your intake of sugary drinks
- Choose activities you enjoy for exercise, for example - if you like dancing, try Zumba
- Exercise with a friend - this makes exercise more fun and can help motivate you too
- Listen to music - listening to music you enjoy while exercising increases the duration and effort of the workout
- Little things make a difference - take the stairs instead of the elevator or walk the long way to the store
- Start exercising even just 5 minutes a day and increase the duration slowly over time



## NURTURING PHYSICAL HEALTH

Eating well and getting regular exercise can help prevent weight gain. It can also provide other benefits such as improved mood, better sleep, and increased energy levels.

## MY GOALS

My health goals are:

- Food: \_\_\_\_\_
- Movement: \_\_\_\_\_
- Activity: \_\_\_\_\_

