

COMPASSION AT EVERY STEP



Quick Recap

Gradual weight change protects joints, heart, and glucose—focus is on steady nutrition, safe movement, and realistic goals with medical supervision.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

COMPASSION AT EVERY STEP

Healthy Weight & Obesity Support

Safe Weight Management Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Portion awareness: smaller plates, measured snacks, and mindful eating without rushing.
- Seated and standing exercises: marching, arm curls, and short walks as cleared.
- Aim for 150 minutes of moderate activity per week, broken into 10–30 minute sessions.
- Track food and feelings in a simple journal; pattern recognition guides better choices.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Weekly weight same time of day, similar clothing; log trends not single numbers.
- Track waist comfort, swelling, and shortness of breath with exertion.

Good to know

- Obesity is excess body fat that strains heart, lungs, joints, and metabolism.
- Even 5-10% weight loss improves blood pressure and joints.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Pair lean protein and fiber at meals to stay satisfied longer.
- Replace sugary beverages with water or clinician-approved drinks.
- Plan social walks or chair exercise groups for motivation.
- Track meals and feelings in a simple journal.