



INFORMATION PACK

WEIGHT LOSS CHALLENGE

CONGRATULATIONS AND WELL DONE FOR TAKING UP THE CHALLENGE!

NHS guidelines recommend that any weight loss plan should be based on a healthy, balanced diet, encourage regular physical activity and expect you to lose no more than 0.5-1kg (1-2lb) a week.

The weight loss challenge aims to help reduce weight, and we advise participants to follow standard healthy eating guidelines and moderate exercise.





GOOD DAILY HABITS TO FOLLOW (It's very simple...)

- Start each day with a healthy breakfast and eat small and portioned controlled meals throughout each day.
- Implement a “no food after 7.30pm” curfew
- Drink 6-8 glasses of water a day
- Eat more portions of carbohydrates, such as bread, potatoes, pasta, rice (only if you are doing more intense activities which require more slow release energy)
- Eat more fruit, salads and vegetables
- Reduce fats by eating lower fat alternatives and eat less high sugar foods
- Drink less alcohol
- Exercise more

NHS Weight loss tips:

1. Don't skip breakfast
2. Eat regular meals
3. Eat plenty of fruit and veg
4. Get more active
5. Drink plenty of water
6. Eat high-fibre foods
7. Read food labels
8. Use a smaller plate
9. Don't ban foods
10. Don't stock junk food
11. Cut down on alcohol
12. Plan your meals

Visit: www.nhs.uk/Livewell/weight-loss-guide for more information:

INFORMATION ON EXERCISE

WHAT SHOULD I BE AIMING TO DO?

Over a week, your activity should add up to at least 150 minutes (30 minutes on at least 5 days a week) of moderate intensity activity or 75 minutes of vigorous intensity activity or combinations of moderate and vigorous intensity activity.

Here's some examples of what you can do...

- Try to minimise the amount of time spent being sedentary (sitting) for extended periods.
- Have a clear idea of: how much exercise you aim to do, what sort of activities you will do & how to get started
- Mix up activities - each has its own benefits.
- Do activities that you enjoy & are easy to get to.
- Exercise in a group, with a buddy or the family.
Get others to help & encourage you.
- Drive less, walk/cycle more, exercise whilst watching TV, and take the stairs, not the lift.
- Complement exercise with a healthy diet & plenty of water.
- Be prepared – for those times you fancy exercise.
E.g. keep trainers in your desk/car.



INFORMATION ON FOOD CHOICES

WHAT SHOULD I BE AIMING TO DO?

- Start each day with a healthy breakfast and eat a further 3 small and portion-controlled meals each day, to provide you with all your daily energy needs.
- Implement a “no food after 7.30pm curfew”– so no TV snacking (unless you have a medical condition that advises against this).
- Drink at least 6-8 glasses of water a day to keep hydrated (unless you have a medical condition that advises against this).
- Eat less carbohydrates (smaller portions), such as bread, potatoes, pasta, and rice.
- Eat more fruit, salad and vegetables to replace the bulky carbohydrates (at least 5 portions per day).
- Eat lower fat alternatives and less high sugar foods (chocolate, sweets, and pastries).
- Cut down or cut out alcohol consumption – cutting down means a small glass of wine or half a pint of lager or beer each night; or only drinking on two nights of the week (Friday and Saturday for example).

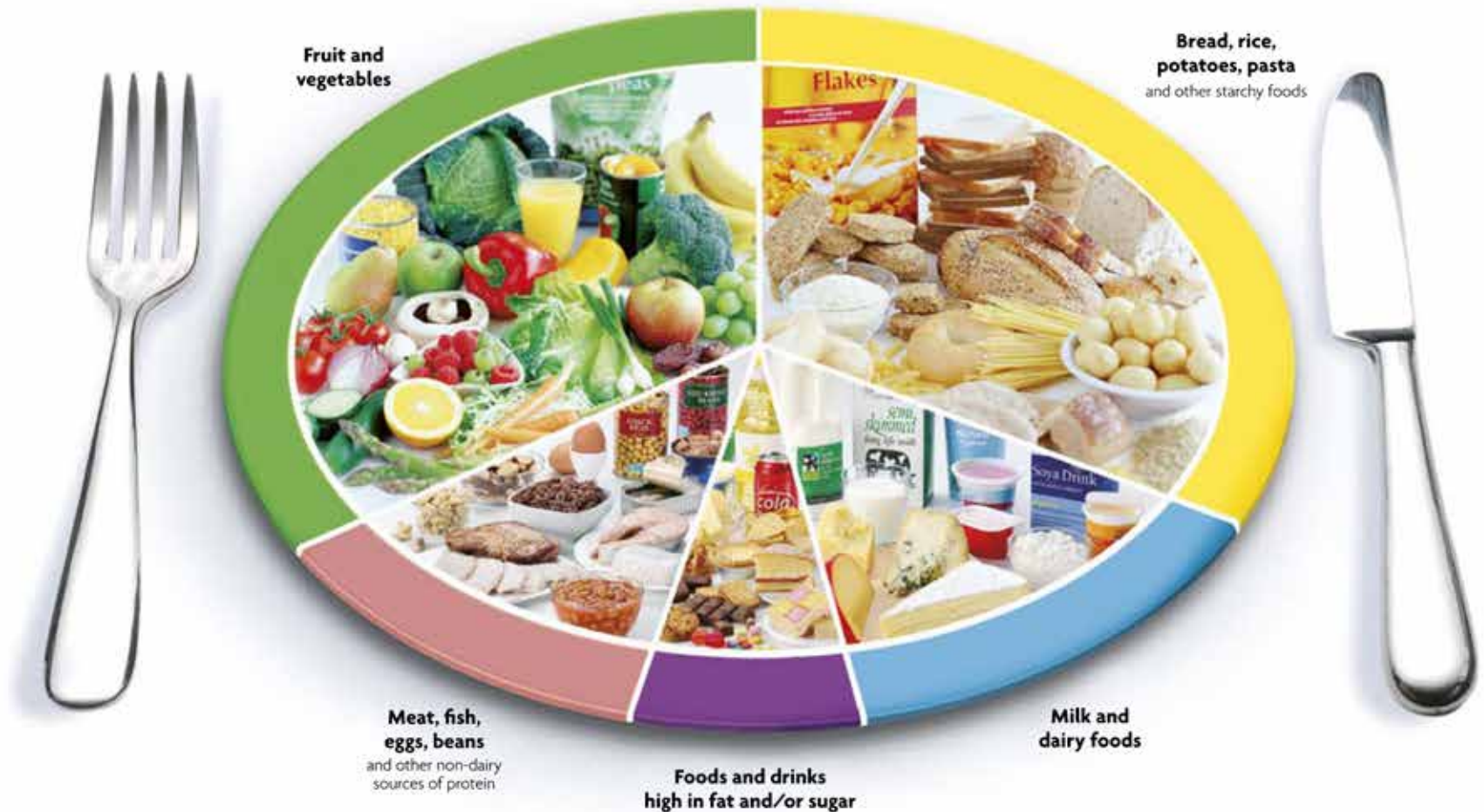


TOP TIPS FOR EATING HEALTHILY

PLAN AHEAD, SET GOALS AND REWARD YOURSELF:

- Eat well - follow the eat well plate
- Eat less - cut down on portion sizes

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





TEMPTATION...

AVOID TEMPTATIONS SUCH AS CHOCOLATE

You don't need to be a "goody-two-shoes" all the time. It means applying these habits 80% of the time. If you do this you will see a change in your body shape; you will have more energy; and you'll be able to have moments of excess, without the scales going sky high the next day.

TIPS TO AVOID TEMPTATION:

- Don't buy "bad foods" on your weekly shop
- Place them out of site
- Say the word "excessive" – each time you go to eat a "bad food" – ask yourself do you need it or is one chocolate bar ok, two would be excessive
- Avoid cups of tea/coffee they tempt you to eat sweet things



INFORMATION ON CALORIES

HERE'S HOW EASY IT IS TO GAIN WEIGHT

John McDonald works on a construction site as a security man. His job involves walking around the site a few times a day and sitting for reasonably long periods in his portacabin. He has no planned exercise in his day and has a nick name of "big mac".

A typical day's food for John is:

- Breakfast – Crunchy Nut Corn Flakes and Milk (430) and Cappuccino (168) on the way to work
- Big Mac, Large Coke and Strawberry Milkshake for lunch (1440)
- Mars Bar (560)
- 2 cans of coke (86)
- Fish and chips (1200)
- 2 cans of lager (480)
- 2 packets of crisps (368)

John's intake totals 4732 Kcal. This is 1732 additional calories per day or 12124 per week.

At this rate John will gain 3lbs of fat each week. It would take him 3 hours of jogging each day to burn this off...





CUT YOUR CALORIES BY 10%

YOUR WEIGHT LOSS IS A BALANCING ACT AND CALORIES PLAY A BIG ROLE. DESPITE ALL THE STRATEGIES AND FAD DIETS – WEIGHT MANAGEMENT STILL COMES DOWN TO THE CALORIES YOU TAKE IN VS THE CALORIES YOU BURN OFF.

SO WHAT ARE CALORIES?

Calories are the energy in food they fuel everything from a diet to a marathon. Calories are a measure of the amount of energy in food.

Knowing how many calories are in our food can help us to balance the energy we put into our bodies with the energy we use.

And that's the key to a healthy weight.

Cutting calories can be really simple, cutting out high calorie/low nutrition items such as cakes and sweet snacks. Swapping high calorie food for low calorie options and reducing portion size.

You can track your calories by using an app such as Nutracheck.

TIPS WHEN EATING OUT

ORDER SMALL PORTIONS

Most restaurants serve oversized portions, so:

- Order half a portion or share with a friend;
- Select from the starter menu instead and order a side salad if you feel it's not enough; or
- Just remember you don't have to finish your meal, just eat what you want and leave the rest.

EAT SLOWLY

To prevent overeating, chew your food more slowly and put your knife and fork down between bites. This will help you feel fuller in a shorter period of time.

KEEP AWAY FROM THE HIGH FAT MENU OPTIONS

Focus on avoiding high fat dishes as much as possible, so avoid:

- Sauces, gravies, bread toppings, salad dressing and fried foods
- Dishes with cheese, sour cream, cream, avocado and butter
- Choose grilled or baked dishes, rather than fried or roasted versions
- Ask for toppings, sauces and dressings to be served on the side



GOOD LUCK ON
THE CHALLENGE

