

Need some help?

Our practice nurse can help you in getting started, keeping you motivated and supporting you whilst you make changes to your lifestyle.

There may also be some other help that you need to access, such as obesity medication and she will be able to explain the current NHS guidelines.

Book your appointment with her in the Weight Management Clinic. This is held on Wednesday and Thursday afternoons between 2pm and 4pm.

**Book your
appointment now
with our
WEIGHT MANAGEMENT
CLINIC**

Top tips

**Richmond
Surgery**

**on managing
your weight**



The science is simple

In order to lose weight, your “energy in” needs to be less than your “energy used up”. In short, you need to eat less and move more.

It is best not to try and lose weight too fast; losing steadily at the rate of 0.5-1kg per week, aiming first for 5-10% of your weight is the best.

DON'T go on a diet! When it ends, you will just go back to your old habits and the weight will creep back up. Losing weight and keeping it off, needs a change in your lifestyle for LIFE.

Before you start

Write down the reasons why you would like to lose weight and keep referring to that list to motivate yourself.

Begin with a small, realistic goal. When that is reached, set yourself another.

Keep a diary of every single morsel that goes into your mouth, even the smallest of snacks. You might surprise yourself at just how much you are eating. Don't forget to add any alcohol, cola or fizzy drinks as well as your tea and coffee with milk and sugar. Drink more water!

Making a start

Plan your menus ahead; don't dive into the cupboard or fridge just before mealtimes to see what is there.

Separate eating from other activities—don't eat whilst on the move, standing up, watching TV, during meetings etc.

Learn what “healthy eating” actually is. See our separate leaflet.

Changing your habits

Use a smaller plate and serve up slightly smaller portions than you would normally.

Wait for 15 minutes before taking a second helping—you often won't want it any more!

Skipping meals is a BAD idea. Eating THREE meals a day at regular times is the best.

For pudding—choose a light yoghurt or fruit sometimes.

Eat slowly—train yourself to chew each mouthful for longer. Put your knife and fork down occasionally during the meal.

Increase your physical activity levels. Try and build more activity into your day—take the stairs instead of the lift, walk or cycle to work, school or the station. Moderate physical activity includes brisk walking, jogging, dancing, swimming, badminton, tennis etc—and although all adults are recommended to aim for 30 mins each day, 5 days a week, you can break it up into blocks of 10-15 minutes.

Weigh yourself regularly

but **ONLY** once a week, and at about the same time of day. You may find you lose very quickly at first, but this slows down after a couple of weeks. That is perfectly normal, so don't be disheartened ... even if you find your weight has gone up a little one week. **DON'T GIVE UP**, you will get there.

Keeping it off

It is difficult for one member of the household to shop and eat differently from the rest. Everyone should eat a healthy diet and to keep that slimmer you, it is important that you make permanent changes to your lifestyle, such as:

- The type of food and drink that you normally buy
- The type of meals that you prepare or eat as a family
- Your pattern of eating (when and where).
- The amount of physical activity that you do.

**You CAN
do it**