

# MIND YOUR HEAD



## Taking the right steps towards a healthier weight.

Managing your weight successfully means making realistic changes to your lifestyle that you can maintain. Quick fixes like herbal supplements and fad diets don't work in the long term.

Here are some keys to success:

- Plan your meals and exercise. Set yourself realistic goals and use a food and activity diary to track your progress
- Think about barriers that you've come across before – and how you will overcome them this time.
- Become aware of triggers to eat (e.g. boredom eating or habits) and plan around them (e.g. Bring some fruit with you to work for a mid-morning snack instead of always relying on biscuits)
- Weigh yourself regularly.

- Aim for 1-2lbs (0.5-1kg) weight loss per week – this is a safe rate of weight loss and you're more likely to keep weight off than if you lose more quickly.

- Take regular exercise. 250 minutes of moderate intensity exercise each week is recommended to lose weight.

- Eat regularly and avoid skipping meals.

A healthy breakfast is the key to success – wholegrain toast, porridge or a wholegrain cereal with fruit are all good choices.

