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PLAN



for those who are
Ready to make the
changes needed to
attain a healthy weight

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WEIGHT MATTERS

REALISE

- Why you need to make some changes?
- What is a Healthy Size?
- What is a Happy Size for you?

REGULARISE

- What you are eating.

Pick an eating pattern that fits in with your daily routine and stick to it.
Think about snacks.

Try planning when you intend to eat and then check at the end of the day if you have achieved this.

RECOGNISE

- When you are sedentary for a long time.

Where are you now?

I need to make some changes because:

.....

My Healthy Size is.....

My Happy Size is.....

Keeping a record has been shown to increase people's success in making permanent changes to their daily life.

Where am I now diary

Time of day	What did you eat and drink?
Time of day	When did you just sit?

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WEIGHT MATTERS

RE-ACT

- Use your motivation to achieve a fast easy win e.g. reduce snacks

RE-PLACE

- Nutrient empty foods like fizzy drinks, biscuits, with something else that you like but has some goodness in it. Water is good to reduce the hunger pangs.
- High fat/sugar foods with reduced fat/sugar versions. You can check out the calories.
- Cupboard contents with weight friendly packets and tins for the 'rushed' days

REDUCE

- Too much TV time with activity:- advert jigs, doorstep walks maybe

Get a Grip!

One thing I can now change is _____

I have opened my fridge/cupboard and have replaced _____
with _____

I have replaced some TV time with _____

Did you do any physical activity that lasted for at least 10 mins? Yes No

Eat Regularly and Balance what you eat Diary

Day _____ Date _____

Planned Time	Actual Time	Food/Drink	Bread Cereal Pots	Meat/Fish/ alternative	Milk Dairy	Fatty and sugary	Physical activity over 10 mins

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WEIGHT MATTERS

RE-ORGANISE

- **SMART** plans are needed to make small changes
Specific, **M**easurable, **A**chievable, **R**elevant, **T**imed

RE-ADDRESS

- What you eat and balance food up by using the Eat Well Plate
- The amount of fruit and veg you eat a day. Aim for 5 handful portions
- Drinking and find times to drink more water

RE-MOVE BLOCKS

- What are the blocks that stop you being active?
- What do you need to do to overcome them?
- What would you like to do, that you can fit into your everyday life?
- Don't use the car so much and set out with your 10,000 stepometer

Small Change, BIG DIFFERENCE

This is my SMART Plan for changing what I eat

.....

.....

.....

.....

This is my SMART Plan for being more active

.....

.....

.....

.....

How active are you Diary

Write down all your activity in the day. Include 15 min walk to work, 30 mins vacuuming

Day

Date

Time	Activity	How long?	How did it make you feel?

I have walkedsteps a day

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WEIGHT MATTERS

READ

- Shopping labels and take note of the colour coding, green, amber and red
- Your shopping list and stick to it
- Reject special offers that tempt you to buy what you don't want

RE-LEARN

- Cooking skills
- Take your favourite recipes and see if you can change the way you are preparing them or cooking them.

Lower the amounts of fats and sugar in the recipe by replacing them with natural alternative foods e.g. eating apples instead of cooking apples in crumbles

REDUCE

- Portion sizes
Use a smaller plate and limit your portion sizes to a normal portion
Avoid seconds

Change Challenges

My shopping contents have changed because

I have changed how I cook by

I am eating smaller amounts by

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WEIGHT MATTERS

RELAPSE

- Stop what you are doing and remove yourself from the situation
- One lapse is not the end of the world

REVIEW

- Learn by thinking what has happened to you and why
- Concentrate on your achievements
- Re-plan so that you either avoid the situation or you work out coping strategies

RE-THINK

- Trigger busting

Identify external triggers that influence your new behaviour and find a strategy to deal with it

Identify internal triggers and find new ways of thinking. Replace unhelpful thoughts with helpful thoughts

Re-motivate

I have lapsed, but this time around I am going to

.....

.....

I have identified 2 unhelpful thoughts and replaced them with helpful ones

Unhelpful thought	More helpful way of thinking
E.g. I've blown it now so there is no point	Yes I have made a mistake but if I carry on it will get easier

I love it but I have resisted

.....

I have replaced food with

.....

to help me through my low mood time or stressful times.

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WEIGHT MATTERS

ROUTINE

- Make 'eating well' and being physically active part of your daily life
- Stay Weight Aware

RE-PLAN

- For the future so that you can maintain these changes

RESOLVE to make a difference

- Within your family
- Within your community

Resolve

I have celebrated my success and rewarded myself by

To keep going I am going to...(S.M.A.R.T. goal)

The following will help me achieve the above

I am going to influence others by

Contact Weight Matters 01209 310063 for further details