



Take this 12 week journey to learn how to
manage your weight effectively



Weight Matters

This 12 stage programme will help you make lifestyle changes. It gives you information and some tools to make changes when you are ready.

To support you further download a copy of Your Weight Your Health. This is also available on this website or at [click here](#)

Weight loss can have these positive benefits

- Halve your diabetes risk
- Improve your life expectancy
- Lower cholesterol levels
- Improve fertility and pregnancy outcomes
- Halve your risk of obesity-related cancers

Successful Weight Loss requires you to take the following steps:-

- understand the benefits and difficulties of making changes
- know what you want to achieve
- plan how to achieve your goals
- set a clear time limited goal
- ensure you have the information required to achieve your goal
- monitoring how well your plan is working
- review and re-assess your goal
- reward yourself for your achievement

You can work through this 12 step programme at your own pace. I would recommend you work through a step each week to embed your behaviour changes firmly in your lifestyle



Try this exercise to find out whether you really are ready to lose weight now.

Think about the advantages of reducing your weight
List the main three benefits of changing for you

-
-
-

Think about the main reasons for staying as you are, “**example it is easier!**” These are normally why we do not manage to lose weight

-
-
-

On a scale of 1-10 how important it is for you to make changes in your life to lose weight now.

Not important									Very important
1	2	3	4	5	6	7	8	9	10

Confidence

Think about the times when you have tried to manage your weight in the past and your experiences

On a scale of 1-10 how confident are you of being able to make such changes now

Not confident									Very confident
1	2	3	4	5	6	7	8	9	10

The Best Time To Start

Is now the best time to start making changes? Yes No
If no, why not?

.....

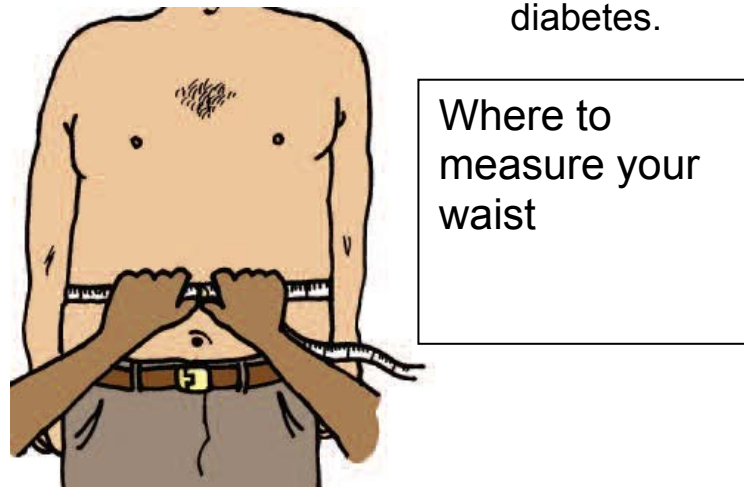
If this is not the best time to start – review this again in a few weeks before moving on.

SET A REALISTIC TARGET FOR WAIST/WEIGHT LOSS

Weight Loss

A sensible target would be around 1-2 pounds (0.5-1kg) a week.

Check your waist size. A healthier waist size is below 35" (88cm) for women and 40" (120cm) for men. Excess fat stored around the waist is the most dangerous type when it comes to causing heart disease or diabetes.



Goal setting is a very important step in planning changes. Make goals small and achievable. Small changes make a BIG DIFFERENCE

Plan your SMART goals

This is an example of a **SMART** goal

Specific – don't just say I will eat fruit, specify what fruit you will eat.

Measurable – one banana a day

Achievable – at breakfast time, ensure you have bought the fruit in advance.

Relevant – know you need to increase fruit intake

Time specific – do not start your goal to eat more fruit if you have a lot of other breakfast food in, as you don't want to increase amount of food consumed

If you want to lose 1 lb a week you will need to burn up 3,500 calories more than you consume. This can be done through a combination of diet and activity. Your goal should be decided upon how much change you are prepared to make

Welcome to step 1! This week you will:

Review: What you are currently eating

To do this you are need to monitor what you are eating. It can:

- help you to find out what you are eating
- help you decide if you want to change and help you plan it
- help you to check out how you are doing



KEEP A FOOD DIARY

Write everything down - do it as you eat it - tell the truth - estimate amounts



KEEP TO A REGULAR EATING PATTERN

What is a regular eating pattern?

Whether you like to eat two or five times a day, the important thing is to **stick to a pattern and try to eat at roughly the same times each day.** Eating regularly will improve your chances of managing your weight and there are other benefits, which include:

- A more stable blood sugar reducing cravings
- Improved concentration and reduced fatigue
- Greater and more consistent energy levels
 - A lower blood cholesterol level

Don't skip breakfast

Breakfast is a good way to kick-start your body in the morning. It will give you fuel to get you going.

- Eat breakfast on at least four or more days a week and you will be more likely to be successful at keeping off weight they have lost.
- Skip breakfast and you are more likely to snack throughout the day resulting in weight gain.



Week 1 diary sheet: using the Hunger Score – 0- very hungry – 10 very full is a good way to see if you are eating when you are not hungry

DAY/TIME	FOOD OR DRINK	HUNGER SCORE FEELINGS

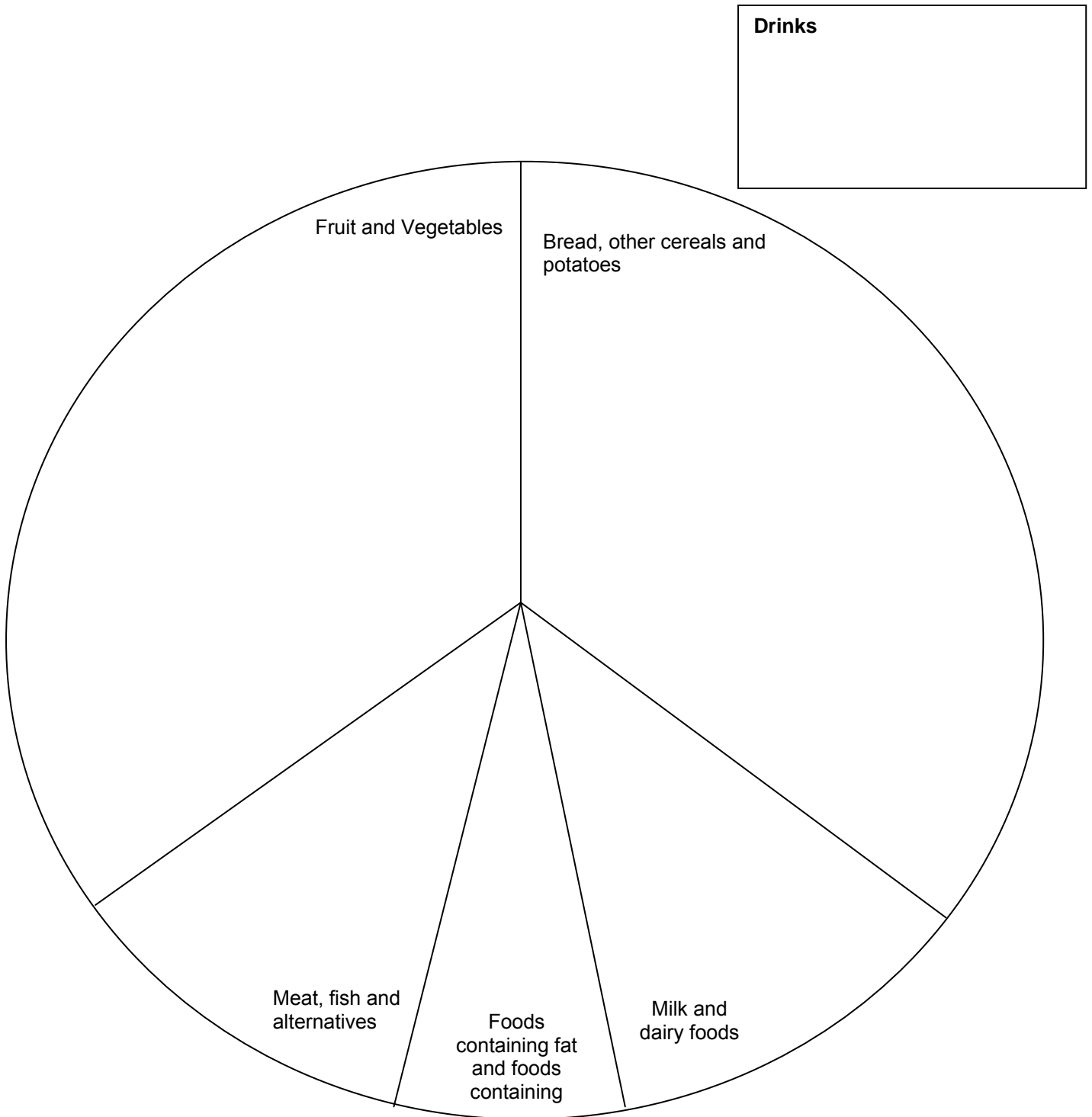


Continuation sheet.

DAY/TIME	FOOD OR DRINK	HUNGER SCORE FEELINGS



Alternatively use this chart to see which food groups you are eating most food from and monitor drinks. For more information ([Click here](#))





Set weekly goals and review your progress as you work through this programme

My Step 1 Goal is: _____

Date Set

Achieved Yes/No - If not Why

Not? _____

My Step 2 Goal is: _____

Date Set

Achieved Yes/No - If not Why

Not? _____

My Step 3 Goal is: _____

Date Set

Achieved Yes/No - If not Why

Not? _____

My Step 4 Goal is: _____

Date Set

Achieved Yes/No - If not Why

Not? _____



My Step 5 Goal is: _____

Date Set

Achieved Yes/No - If not Why

Not? _____

My Step 6 Goal is: _____

Date Set

Achieved Yes/No - If not Why

Not? _____ -

My Step 7 Goal is: _____

Date Set

Achieved Yes/No - If not Why

Not? _____ -

My Step 8 Goal is: _____

Date Set

Achieved Yes/No - If not Why

Not? _____ -



My Step 9 Goal is:

Date Set

Achieved Yes/No - If not Why

Not? _____ -

My Step 10 Goal is:

Date Set

Achieved Yes/No - If not Why

Not? _____ -

My Step 11 Goal is:

Date Set

Achieved Yes/No - If not Why

Not? _____ -

My Step 12 Goal is:

Date Set

Achieved Yes/No - If not Why

Not? _____ -

Welcome to Step 2! This week you will:



Consider how to make your diet healthier

EAT A BALANCED DIET.

- **Eat a variety of foods**
- **Eat plenty of fruit and vegetables**
 Five portions of fresh, frozen, tinned, juiced or dried fruit
- **Have some bread, potatoes, cereals, pasta or rice at each meal**
 to provide you with energy, instead of fat and sugar
- **Include dairy produce, meat, fish or pulses in meals**
 to provide calcium and protein
- **Keep fatty, salty and sugary foods to a minimum**
 as these are linked to chronic ill health
- **Drink plenty of liquid**
 Lack of water can trigger off daytime fatigue, headaches and can be mistaken for hunger. Aim for at least eight glasses a day
- **Limit portion sizes to control weight**
 Focus on the quality not the quantity of food.



Reproduced with permission from the Food Standards Agency

Welcome to Step 3! This week you will:



Recognise how much activity you do

The key to losing weight is to use more energy than you eat and drink. The great thing about getting more active is you will start to experience the 'feel good' benefits within just a matter of days.

A more active lifestyle is better. Being active has many benefits:

- You will feel more energetic.
- Your heart will be healthier and function more efficiently.
- You will generally feel better about yourself.
- Your muscles will be toned and strengthened.
- You will feel less stressed.
- You will reduce your chances of developing diabetes.
- Your cholesterol levels will fall.
- You will sleep better.

I would ask you now to have a think about how becoming more active will improve your life.

Most of us believe that exercise is good for us. So why don't we do enough of it?

Aim to do at least 30 minutes moderate intensity activity a day. This activity can be broken down into three 10 minutes walks, as this will burn off as many calories as one 30 minutes walk.

Here are some examples of how many calories we are using.

Watching TV	36 cal a hour
Ironing	60 cal a hour
Hovering	180 cal a hour
Food shopping pushing a trolley	243 cal a hour
Gardening	281 cal a hour
Washing the car	321 cal a hour
Playing tennis or swimming (leisurely)	428 cal a hour





IDENTIFY TIMES TO BE ACTIVE

Week 3 Activity Sheet

Time	What I did	Where to be more active
6.30 am		
7.00		
7.30		
8.00		
8.30		
9.00		
9.30		
10.00		
10.30		
11.00		
11.30		
12.00		
12.30		
1.00pm		
1.30		
2.00		
2.30		
3.00		
3.30		
4.00		
4.30		
5.00		
5.30		
6.00		
6.30		
7.00		
7.30		
8.00		
9.00		
10.00		



Now complete your weekly ACTIVITY goal for this week, “small changes will make a BIG DIFFERENCE

Welcome to Step 4! This week you will:



Review the changes you have made so far

CONSIDER WHETHER THESE CHANGES ARE STILL IMPORTANT TO YOU

Review how your plan is progressing so far by reviewing the following questions?

How are you progressing with your 12 week goal?

Are you still as committed to your main reasons for wanting to make changes?

What changes have you already made?

Remember that at first changes can be difficult, but as the weeks progress they will become your normal habits.

Remember you have choices

You are exercising them all the time

Behaviours can become so ingrained that you forget they are a choice so it pays to remind yourself of all the choices you make in life moment by moment.



REVIEW THE AMOUNT OF WATER YOU DRINK

If you want to lose weight, try drinking a large glass of water whenever you feel hungry. Wait ten minutes, and then decide if you still need that food. If you wait until you are thirsty you are probably already dehydrated. A normal adult should aim for eight glasses a day. If you cannot manage eight start slowly and build up.



Now complete your weekly goal for this week, “small changes will make a **BIG DIFFERENCE!**”



THOUGHTS PAGE

How are your changes going?

What blocks and barriers are getting in your way?

How can you overcome these?

Welcome to Step 5! This week you will:



Review your shopping habits

1. Which of the following apply to you?

- I buy unhealthy foods on special offer.
- I shop when I am hungry.
- I go into a shop and buy things that I fancy.
- I hardly ever write a shopping list.
- I shop whenever I think about it.
- I buy quite a lot of prepared foods.
- I never do the shopping and eat what I'm given.

You cannot change your eating habits unless you change your shopping habits.



ALWAYS BE AWARE OF FOOD LABELS

As far as weight management is concerned, the three most important things to look for on the label are total sugar, total fats, saturated and salt [See \[www.eatwell.gov.uk/foodlabels/trafficlights\]\(http://www.eatwell.gov.uk/foodlabels/trafficlights\)](http://www.eatwell.gov.uk/foodlabels/trafficlights)

High Sugar	15g per 100g
High Fat	20g per 100g
High Sat Fat	5g per 100g
High Salt	1.5g per 100g



Now complete your weekly goal for this week, “small changes will make a BIG DIFFERENCE!”

Welcome to Step 6! This week you will:-



Review where your energy comes from and portion size

Food and drink provides the following calories in a gram (28 grams=1oz)

Fat (9 calories per gram).

Carbohydrate (4 calories per gram).

Protein (4 calories per gram).

Alcohol (7 calories per gram)

All types of fat contain the same high level of calories and so to lose weight **you should try to reduce your intake of all fat.**

Fats are found in:

- Cheese
- Cream
- Meat
- Biscuits
- Pastry
- Cake



REVIEW YOUR PORTION SIZES

Bread, other cereals and potatoes

Women should aim to eat **7** servings from this group each day

Men should aim to eat **8** servings from this group each day

1 Shredded Wheat or Weetabix

1 slice of bread or toast

2 egg sized potatoes or sweet potato

2 heaped tablespoonfuls of cooked rice

3 heaped tablespoonfuls cooked pasta or noodles



Fruit and vegetables

Aim to eat at least **5** servings of fruit and vegetables each day.

Half a Grapefruit

1 whole apple, banana or orange

2 whole plums or kiwis

1 cupful of raspberries or grapes

A glass (150ml) of 100% juice (fruit or vegetable juice or smoothies, maximum 1 per day)

3 tablespoonfuls of carrots, swede or parsnips

3 tablespoonfuls of peas or sweetcorn

A bowlful of lettuce or tomato salad

Meat, fish and alternatives

Aim to eat **2** servings from this group each day

3 slices – or an amount similar in size to a pack of playing cards – of lean meat without skin, fish or oily fish

3 fish fingers

2 eggs

5 tablespoonfuls of tinned baked beans

5 tablespoonfuls of a dish based on lentils or beans or peas

2 tablespoonfuls of nuts or nut products (such as peanut butter) or seeds

100g (4oz) soya, tofu or quorn

Milk and dairy foods

Aim to eat **3** servings from this group each day

1 serving = for example

200ml (1/3 pint or a medium glass) of semi skimmed milk

1 small pot of low fat, plain or 'diet' yoghurt

1 small tub of cottage cheese

1 small pot of fromage frais

40g (1½ ounces) of cheese (small matchbox-size), preferably reduced fat



Fatty and sugary foods: fats

Aim to eat no more than **2** servings of fats each day

- 1 serving = for example
- 1 teaspoonful of butter or margarine or spread
- 2 teaspoonful of cooking oil, lard, dripping or ghee
- 1 teaspoonful of mayonnaise, salad cream or oily salad dressing
- 2 teaspoonfuls of low calorie mayonnaise or dressing
- 1 tablespoonful of gravy or white sauce

Other fatty and sugary foods

Aim to eat no more than **1** serving from this group each day

- 1 serving = for example
- 1 small bag of crisps
- 2 teaspoonfuls of cream
- 1 scoop of ice-cream
- 1 small bar of chocolate
- 3 teaspoonfuls of sugar (for example in drinks)
- 1 heaped teaspoonful of jam or honey
- 1 chocolate biscuit or cream filled biscuit

Drinks

Limit the amount of sugary drinks you have and choose sugar free soft drinks or mixers where possible. If you have one, count it as one serving of 'other fatty and sugary foods'.

Alcohol drinks

Women should have no more than 1 unit of alcohol each day

Men should have no more than 2 units of alcohol each day

- 1 unit for alcohol = for example
- 1 small glass of wine (100ml) of 10% 'ABV' or alcohol by volume (NB Most wines are stronger than this)
- ½ pint (248ml) of ordinary strength beer, lager or cider
- ¼ pint of strong lager, beer or cider
- 1 single measure of spirits (25ml)
- 1 single measure of vermouth or sherry (50ml)

Adapted from Shape Up Weight Concern 2006.



REVIEW THE AMOUNT OF EMPTY CALORIES YOU MAY BE DRINKING

Drinking 3 pints of lager a night and at least one bottle of wine a week means **consuming more than 4000 calories per week from alcohol alone. This is 2 full days worth of energy for a man who is looking to lose weight.** Some drinks are high in calories and many contain sugars.

Your Choice	Calorie content
Glass water 200ml	Calorie Free
Fresh orange juice 200ml	88 calories
Fizzy drink 330ml (average)	139 calories
Sweet white wine 125ml	118 calories
Brandy 25ml	55 calories
Gin 25ml	55 calories
Rum 25ml	55 calories
Vodka 25ml	55 calories
Whisky 25ml	55 calories
Dry white wine 125ml	83 calories
Medium white wine 125ml	94 calories
Red wine 125ml	95 calories
Lager 1 pint	165 calories
Mild 1 pint	142 calories
Bitter 1 pint	182 calories



Now complete your weekly goal for this week, “small changes will make a BIG DIFFERENCE!”



Welcome to Step 7! This week you will:-



Recognise blocks and barriers

ARE YOU IN CONTROL OF YOUR FOOD CHOICES?

If I was to ask you who was in control of the food that you eat, what would the answer be?

Many people especially men find it difficult to control what they eat because their partner does their shopping and also cooks their meals. To help you understand more about this, answer the following questions

Do you buy the food that is kept at home and makes up your meals?

Yes: You are in control. You will find it easier to buy healthier food.

No: You need to influence whoever buys the food to purchase more healthy alternatives. Try suggesting small changes.

Do you cook the meals you eat at home?

Yes: You are in control. You will be able to cook healthier meals.

No: You need to influence whoever cooks the food to prepare healthier meals. Again grill rather than fry, small change big difference.

Do you eat out a lot?

Yes: You will need to work hard to control the exact content of the food you eat in restaurants. This section will help you.

No: This will make it easier to control the food you are eating.

Do you have enough control over what you eat to make your food intake healthier without too much trouble?

Yes: Good news! Go ahead and do it!

No: You need to spend some time planning how to influence the people who prepare your meals.



Now complete your weekly goal for this week, “small changes will make a BIG DIFFERENCE!”



Welcome to Step 8! This week you will:-



Reconsider your motivation and progress

How are you progressing with your 12 week goal?

Are you still committed to your main reasons for wanting to make changes?

Have you attempted all the light bulb recommendations?

Recognise when negative thoughts can sabotage your progress. Here are some can you recognise any of these?

The worrier

'this is awful...I'm really stupid...I will never stick to the diet'

All or nothing

you see everything as being at one extreme or another – right or wrong, good or bad.

Mental filter

you dwell on the negatives and filter out the good things.

The realist

'I can learn from this lapse and plan more realistic changes that are maintainable.'

THINK POSITIVELY ABOUT THE CHANGES YOU HAVE ALREADY MADE.



Now complete your weekly goal for this week, “small changes will make a BIG DIFFERENCE!”



Welcome to Step 9! This week you will:-



Realise that a lapse is not a collapse

What can you do if you have a lapse?

- **Stop** doing what you are doing and remove yourself from the situation
- **Recognise** that one lapse is not the end of the world and don't trap yourself with negative thinking
- **Learn** by thinking what has happened around you and inside you
- **Plan** what to do to stop your slip becoming a fall and put your plan into action now
- **Be** positive and carry on learning from what has happened by retracing your steps and re-planning



RECOGNISE YOUR TRIGGERS?

- Shopping, seeing or smelling food
- Arguing
- Having nothing to do
- Other people and friends offering me food
- Being in a food situation like a party
- Missing regular meal times and getting over hungry.



Now complete your weekly goal for this week, “small changes will make a BIG DIFFERENCE!”



Welcome to Step 10! This week you will:-



Recognise the reasons why you are eating.

Many people find themselves eating to combat emotions. It takes 20 minutes for your stomach to tell your brain it is full!

If your mind is not occupied it will search for something to do. Unfortunately we seem to arrive all too quickly at the conclusion that we should eat something. Eating can be enjoyable. But there are lots of other things you can do.



Eat more slowly



Wait 20 minutes after your meal before eating anything else



Distract yourself



Drink a glass of water



Keep a food diary for the week to recognise why you are eating



Now complete your weekly goal for this week, “small changes will make a BIG DIFFERENCE!”



Week 10 – Dairy

DAY/TIME	FOOD OR DRINK	HUNGER SCORE FEELINGS



Welcome to Step 11! This week you will:-



Recognise the changes you have made which are part of your lifestyle

By this stage of the programme most of you will have experienced many highs as you feel more in control and see your weight reducing, but also some real lows as you suffer lapses and the occasional relapse. As long as you recognise what is happening and prevent collapse you can continue to lose weight in the long term. The trick is not to dwell on a lapse, but quickly make up your mind to get back on track. Throughout life will be many occasions when you will get out of your normal patten.



Learn from your experiences

Sometimes we lapse and there is nothing we can do to stop it. In the greater scheme of things the odd lapse will make very little difference. You need to learn from each lapse and identify what you will do differently next time when faced with a similar situation.

So, when you find that you have eaten something that you wish you hadn't.....**STOP**. Think about a time when you have successfully changed your behaviour over the past 10 weeks.

Think about what caused you to be in this situation and what you could have done to avoid or prevent

Review steps 9 and 10.



**Now complete your weekly goal for this week,
“small changes will make a BIG
DIFFERENCE!”**



Welcome to Step 12! This week you will:-



Review the process – Think about what has happened to you during your journey

REPLAN Your next goals

RECOGNISE and REWARD – YOURSELF FOR YOUR ACHIEVEMENT – WELL DONE!

Did you achieve your 12 week goal? If not identify two reasons why not

- 1.
- 2.

Identify two changes have you already made?

- 1.
- 2.

Do you need to review your original goal or are you planning to set a new one? Remember weight management can be a goal on its own.

Now try this checklist

Have you been keeping a food diary?

Are you eating a balanced diet?

Are you in control of your food choices?

Are you eating smaller portion sizes?

Are you happy with your levels of activity?

Can you recognise when you are eating out of boredom?

Are you able to ensure a lapse does not become a collapse?



Recognise your achievements.

Many congratulations...you have completed the 12 week programme. By now you should have made some changes to your eating habits.

I hope you are well on the way to taking control of your food intake and building more activity into your everyday life

Regardless of how long it has taken you to get here, what matters is that you have learnt new ways of taking control. This is not the beginning of the end; it is the end of the beginning. You now have a series of new skills that can enable you to go on losing weight and waist for sometime to come.

Regardless of how successful you have been, it is likely that there are tips and techniques that you have either missed altogether or stopped using already. By reviewing each section of the programme you can increase your chances of continuing to lose weight and waist in the longer term.

Well done on completing this 12 week programme. Now you know you can make changes and hopefully this programme has given you some additional knowledge and skills. To get the most benefit from this programme I would ask you to consider the following questions honestly to help you plan for the future.

- Did you achieve your overall 12 week goal?
- How many out of the 12 goals did you achieve?
- What got in your way?
- How do you feel now?
- What are you planning to do next?
- Have you given yourself a reward for your progress?



**Keep Going – small changes make a
BIG DIFFERENCE**