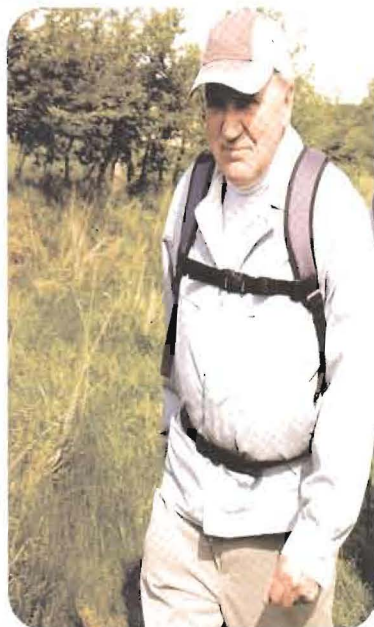


How to lose weight

For many people, losing weight can be one of the greatest challenges they face. Some fail because they try to change everything in their life at once. But the best way to succeed is to start by making two or three realistic changes that you can stick to – then, over time, you'll begin to see results.

To lose weight, you need to take less energy into your body from food and drink than the amount of energy your body uses up by being more active. This may sound simple but actually doing it – day in, day out, over weeks or months – needs planning and determination.

But don't worry, you can do it if you take simple steps, small changes can make a big difference



Different strokes for different folks

There is more than one way to lose weight – different things work for different people. You may be able to get some advice at a health centre or leisure centre, or you may decide to try a slimming group. Some people prefer to do it on their own or with a friend.

If you need advice about what's available in your area, ask at your local GP surgery.