Cross Road Surgery

4 THINGS TO SUPPORT WEIGHT LOSS

Losing weight can help towards improving your health, give you more energy & help you feel better about yourself

We recognise that this is not always easy & many things can affect your progress. **Below are 4 practical ways to support weight loss:**

1 RETHINK YOUR EATING

When you think about losing weight, one of the first things you may think about is changing what you eat.

If you would like advice on how to adjust your eating habits, please ask to speak to one of our team

2 RETHINK YOUR DRINKING

Find out how alcohol can add extra calories, how to get enough fluid each day to stay hydrated, and which drinks are healthier choices

3 CHANGE HOW MUCH YOU MOVE

Moving more can help you keep the weight off. Getting more active brings many other health benefits too. Even 10 minutes a day can make a difference

4 RELECT ON YOUR SLEEP HABITS

Not getting enough sleep can make it harder to lose weight. Poor sleep can affect your mood and behaviour, it can also make you:

- More likely to choose high calorie foods
- Too tired to exercise or cook healthy meals

For more information & a BMI calculator visit:

www.nhs.uk/better-health/lose-weight/

or please feel free to speak to one of our team!