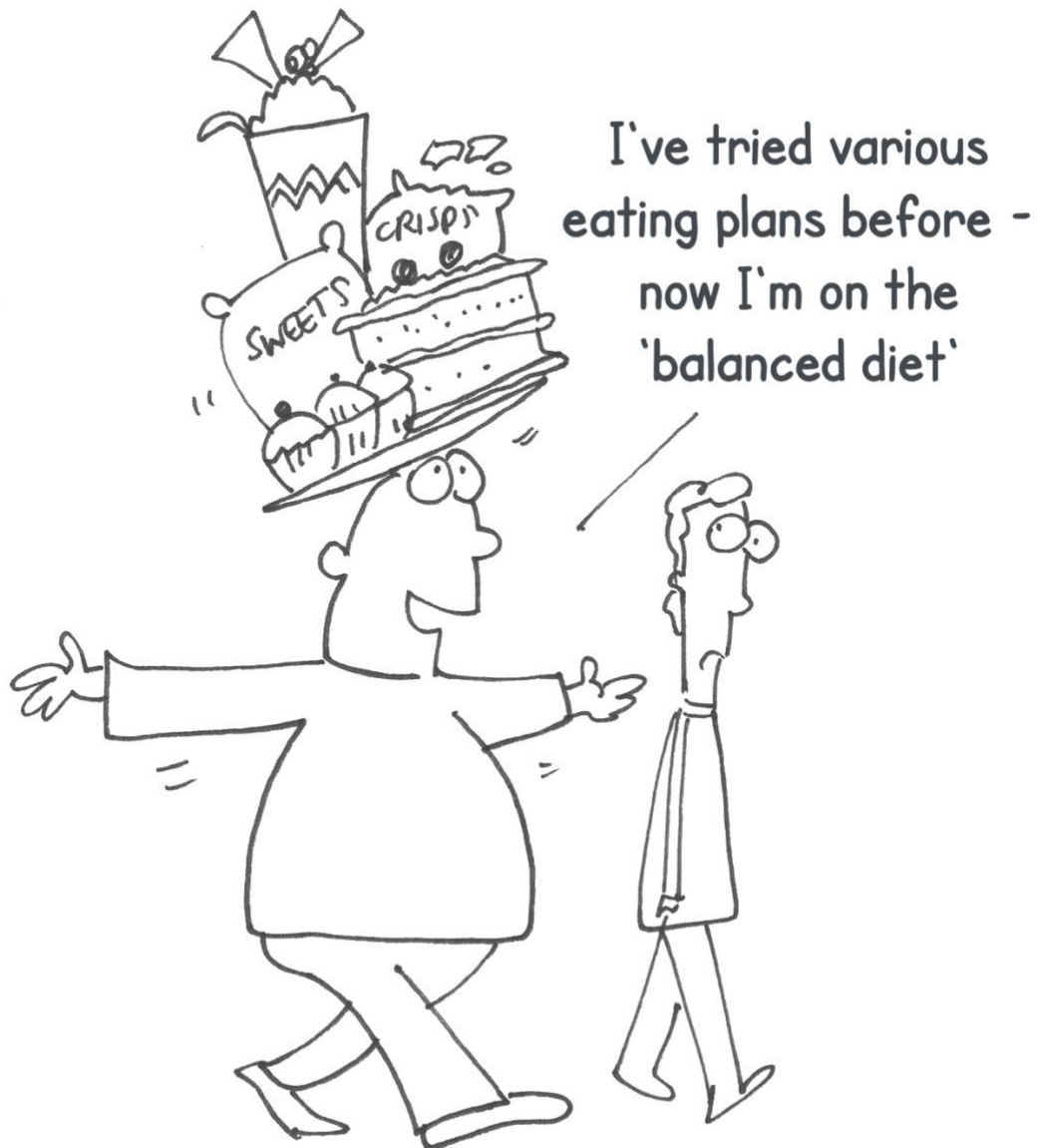


# Be Smart with your Weight

Mahesh Prassath Kanesan and Dr Ruth Chambers



We hope that this online guide enables you to understand:

- the risks of being overweight
- the approaches that you can take to achieve long-term weight loss

and increase your confidence and capability to make lifestyle changes to lose weight and sustain that weight loss – through improving your dietary intake, portion control and being more physically active – within your personal budget, ability and time constraints. So work out your weight loss path for the next one, three, six, twelve weeks to achieve your lifestyle goals; and your longer-term action for your end of year goals.

### Why?

Obesity is a medical condition associated with excessive fat deposition in the body. It is diagnosed when someone's BMI (basal metabolic index) is greater than 30kg/m<sup>2</sup>. But remember that obesity is a clinical term with specific health implications, and not a judgement on a person's appearance.

### Is your body mass index important?

BMI is a simple index of weight-for-height that is used to classify how overweight someone is, to estimate their adiposity (proportion of fat in their body) as a rough guide. The same measure is used for both sexes and all ages of adults. People who have a high level of muscle mass (usually young men) may incorrectly be placed in the overweight category, so any BMI measure must be interpreted with caution.

People from an Asian population appear to suffer health consequences if they've a lower BMI than Caucasians do. So a BMI of 23kg/m<sup>2</sup> and above is classed as being above the ideal range for south Asians living in the UK as opposed to a BMI of 25kg/m<sup>2</sup> and above for Caucasians. A person with a raised BMI has a higher risk of developing health conditions such as heart disease, musculoskeletal disorders and some cancers.

So check out YOUR BMI now (date:.....):

Your STARTING WEIGHT?: \_\_\_\_\_ Your HEIGHT? : \_\_\_\_\_

To calculate your body mass index (BMI): on waking, measure your weight on weighing scales, on an empty stomach. Use a measuring tape to confirm your height as well, then use the equation below to calculate your BMI value. So your BMI is....?



**BMI Formula**  
the-calculator-site.com

**METRIC**  
BMI = weight (kg) / [height (m)]<sup>2</sup>

**IMPERIAL**  
BMI = 703 x weight (lbs) / [height (in)]<sup>2</sup>

The image shows a digital calculator interface with a grid of buttons and a display area. The display area shows the text 'BMI'.

Now take a look at the Table below to see how your BMI might be classed – as underweight..healthy weight....overweight....obese...or extremely (sometimes termed ‘morbidly’) obese:

WEIGHT		lbs	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	
		kgs	41	45	50	54	59	64	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132	
HEIGHT	ft/in	cm	Underweight				Healthy				Overweight				Obese				Extremely Obese					
4'8"	142.2		20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	
4'9"	144.7		19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63	
4'10"	147.3		19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	
4'11"	149.8		18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59	
4'12"	152.4		18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	48	51	53	55	57	
5'1"	154.9		17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	48	51	53	55	
5'2"	157.4		16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	
5'3"	160.0		16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	
5'4"	162.5		15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	
5'5"	165.1		15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	
5'6"	167.6		15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	
5'7"	170.1		14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45	
5'8"	172.7		14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44	
5'9"	175.2		13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43	
5'10"	177.8		13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	
5'11"	180.3		13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40	
6'0"	182.8		12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	
6'1"	185.4		12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	
6'2"	187.9		12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	
6'3"	190.5		11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	
6'4"	193.0		11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	
6'5"	195.5		11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	
6'6"	198.1		10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	
6'7"	200.6		10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	
6'8"	203.2		10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	
6'9"	205.7		10	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	
6'10"	208.2		9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
6'11"	210.8		9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30	

### Check your resting heart rate too

On waking, take your pulse using three fingers. Find the pulse in your wrist or neck – whichever is easier. The pulse in your wrist is located on the wrist directly below your index finger and the pulse in your neck is located on the neck, which is at the same line vertically as your eye. Count how many times you feel a beat in 60 seconds. With overall improvement in your fitness, your number should decrease slightly.

### Are you ready to lose weight?

To lose weight, you firstly need to understand that this is a process that is not done overnight. This diary is here to help to guide you throughout your journey. To make it as simple as possible, your weight loss journey should consist of 5 phases which are: planning, exercising, recording, reflecting, and most importantly, celebrating your achievements.

### 1. PLANNING

The most important part of your entire weight loss journey will be the planning. Making small and sustainable changes is far better than making extreme changes that are far removed from your routine that there is no way you are going to keep them going long-term. Before beginning the plan, you will need to be realistic about setting your goals, and make them achievable.

If you have big goals, then break them down! Big goals can seem really overwhelming so breaking your plan down into smaller manageable steps will make your goals much more

achievable. For instance, if your goal is to lose 10kg (or 22lbs) it will be impossible to lose it all overnight so you would need to make targets for yourself to reach by the end of the month such as losing 3kg (about 7lbs or half a stone) each month by eating more healthily and having a good exercise schedule.

When planning, it is very important for you not to compare your goals with other people's - as you would then be less likely to achieve them. The main reason for this is because everyone is different. This is **your** personal challenge, and you need to think of goals that are right for you, your lifestyle and what you want to accomplish.

## **2. EXERCISING**

Before planning an exercise programme, you need to know where you are starting from. Everybody has different capabilities. So, to create an effective exercise regime, you will need to be completely honest with yourself. Take a moment to think about what role fitness plays in your life. You might already be exercising now but not be seeing any progress in your fitness or weight loss, so maybe you should consider creating a new exercise routine and try making it a regular habit - as consistency is key! See our online weekly activity sheet (Appendix 1) at the end of this online diary).

Consider how you feel about your fitness – do you think you are unfit, reasonably fit or very unfit? Is anything stopping you from progressing with your exercise plan - or are you not enjoying the exercise programme you've embarked on? These reflections will be helpful when it comes to setting your fitness goals.

Thirty minutes a day of moderate aerobic activity can comprise a brisk walk, a swim, a spell of gardening, cycling. It's good to have a mix of physical activities that include resistance-type exercises such as press-ups or stretching limbs via resistance bands – to strength your muscles and bone mass (see Appendix 2 at the end of this online diary).

Aim to be active everyday; and over a week your daily activities should add up to at least 150 minutes of moderate intensity activity in bouts of ten minutes or more e.g. at least 30 minutes of exercise on at least five days per week. Include exercises to improve your muscle strength on at least two days a week. There are comparable benefits through 75 minutes of vigorous intensity exercise across a week as opposed to 150 minutes of moderate intensity activities.

## **3. RECORDING**

Progress is something we all love to see when starting a weight loss journey. So it is really important to keep track with how well your journey is going by recording your weekly milestones. Set weekly goals to keep yourself on track and consider what you have enjoyed and what you have found particularly difficult or challenging each week. Do remember that it will take more than a week to lose weight as the body also has water weight so do not be surprised to see a slight increase in weight from the previous week even if you have been following your plan religiously.

#### **4. REFLECTING**

It is important to reflect on your journey and look at how far you have come. Keeping track of your progress from when you first started, can act as a massive motivation to yourself and a reminder to continuously push yourself to not give up.

A key aspect of reflecting is when you share the goals that you've achieved which will motivate you to continue your progress. So tell a trusted friend, family member or partner what you have achieved. They can help to support you and keep you motivated or perhaps even join in!

If you have not quite met your goals yet, do still take pride to all the beneficial changes you have made and will continue making. The great thing about fitness is that even the smallest improvement can have a great affect on your life. You can use this time to think about the challenges you faced during your journey and potential ways to overcome it.

#### **5.CELEBRATING**

When you think about your goals, it is equally important to think about future rewards to keep you going, to encourage you to stay on the right track. To celebrate, you should treat yourself to something that is affordable (but what you should never regard as a reward for weight loss is FOOD! Would you really want all that hard work to go to waste with a cheating, highly calorific meal?).

Think of the non-material things that can be rewards as well; like spending quality time with friends and family, a trip to a new place, a relaxing bath, a movie, being childish and silly for the fun of it, taking time off from work to appreciate yourself – there's no limit so use your imagination.

# 1. SO START PLANNING

Assess how ready you are to change your lifestyle habits, take forward your plan, and plot out the resources that you'll need. Identify the gaps so you can begin to build an action plan to successfully lose your overweight (forever). Start by completing the table below, capturing what resources you'll need to create a positive plan to lose weight and hopefully sustain that weight loss for a long, healthy life.

	Resources you'll need?	What, Where, When? Add lots of details
	<b>Location</b> (where you might walk, jog, run safely)	
	<b>Money/funds</b> (gym, exercise equipment at home, sports shoes etc.)	
	<b>Expertise</b> (skills, knowledge, capability, competence to exercise or cook healthy foods)	
	<b>People</b> (adviser e.g. slimming club, dietitian, psychologist)	
	<b>Reading</b> (recipes, exercises etc.)	
	<b>Information online</b> (cooking, networks)	
	<b>Communication</b> (e.g. newsletter, video-group to share exercises/ dieting progress)	
	<b>Planning</b> (watch trends in your weight, daily exercise/steps done)	
???	<b>Other?</b> E.g. your back up plan....	

What will motivate you to lose weight?	Tick ones for you
Spend less on food/drink?	
Wear old clothes that used to fit you – not necessarily buy new ones so saving money.	
Get a better job with your career prospects enhanced by your higher self esteem/confidence.	
Join a weight loss group (weight watchers, slimming world e.g.) or generate your own weight loss group e.g. bunch of friends/their friends.	
Find a lifestyle coach (e.g. as part of gym membership) or a close friend who can keep you on track.	
Sign a declaration of your planned weight loss goal and frame it – stick it up in your kitchen where you see it whenever you're preparing food.	
Photos of you when you were slimmer? Or the opposite – photos of you when you were even fatter than you are now?	
Witnessing older family members struggling with their weight-induced medical problems?	
Work out how to solve other problems in your life that could be pushing you to comfort eating?	

## FITNESS:

- 1) *Identify tools and resources* – List anything you need to achieve your goal, such as new trainers, access to a new swimming pool, a gym membership and so on:



- 2) *How will you measure your progress* – Write down how you plan to keep track of your progress towards your goals; if it is using an app write down here what you will be measuring:



- 3) *Set weekly tasks* – Think about what you can do every week to work towards your fitness goals. Identify what you can manage on what days of the week and what times and where:



- 4) *Organise your plan* – This includes setting reminders for your weekly and daily tasks, creating checklists of everything you have identified that you need to do to get started:



## NUTRITION:

- 1) *Preparation* – What do you need to do to prepare for your new healthy nutritional lifestyle? This could include clearing the cupboards of unhealthy foods, or recycling takeaway menus!



- 2) *Identify tools and resources* – What do you need to help you get started with your nutritional goals? This could be investing in cookery books or healthy recipes or downloading apps from trusted sources:





3) *Focus on key areas* – List the types of foods you want to eat more of, and the types of foods you want to eat less of, as you work towards your goals. This will help you to focus on the right areas:



4) *Practical ideas* – List any ideas you have for making your healthy diet easier to follow. You could prepare your meals a week in advance, if you have a busy work schedule, for example:



5) *Get organised* – Write down when you will achieve certain tasks. For instance, whether you will create a meal plan on certain days, and when you will go shopping for ingredients:



## **NOW EXERCISING**

1) What types of exercise are you currently doing?

2) How frequently do you exercise?

3) What exercises do you enjoy doing and why?

4) What types of exercise do you dislike doing and why?

5) What are your biggest obstacles when it comes to exercising? How will you overcome these hurdles?

### 3. RECORDING



<u>DAYS</u>	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>	<u>SNACKS</u>	<u>DRINKS</u>	<u>NOTES</u>
<u>MON</u>						
<u>TUE</u>						
<u>WED</u>						
<u>THU</u>						
<u>FRI</u>						
<u>SAT</u>						
<u>SUN</u>						

## **4. REFLECTING**

<b>How did you keep the weight that you've lost off?</b>	Tick ones that apply to you
Visual props?	
Threw your too large clothes away?	
Reflected regularly on what's going well; what's not so good- how you could remedy the 'not so good' bits?	
Listened to tips from others who've kept weight off?	
Realised how much fewer calories you should eat at a lower weight?	
Switched from a moderate sedentary life to a moderately active life?	
Started again (...and again...and again) - forgave yourself when you started snacking as you're only human?	
Worked on resisting your favourite naughty foods with some tasty but healthy alternatives?	
Didn't consume leftovers?	
Avoided meeting others in a pub to socialise and drink?	
Careful shopping - didn't buy 'naughty' food or drink to put in a cupboard that would tempt you!	
Got others watching out for you – to stop you 'giving in' to temptations when your guard was down?	

## **Think:**

1) How did you ensure you stayed on track with your fitness goals?

2) How do you feel about how far you have come?

3) What obstacles did you face along the way?

How did you overcome them?

4) What has surprised you the most?

## **5. CELEBRATING**

How did you celebrate your successes along the way when you reached your various weight loss goals?

What's your plan in the future if you reach specific goals you have set for yourself? Plan specific rewards for the various milestones in your weight loss plan (e.g. when your BMI reaches an ideal  $24.9\text{kg/m}^2$  or you have lost more than one stone or 8 kilograms maybe)? Be creative in the types of rewards you give yourself – maybe clothes, a theatre trip, a holiday away.....?

# Appendix 1: MY WEEKLY ACTIVITY PATH

## Getting fitter and stronger as I become more active

My goals : I want to be able to...	By date:
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<b>Activity</b>	<b>Activity</b>	<b>Activity</b>
<b>Days I did it:</b> <b>M T W T F S S</b> □ □ □ □ □ □ □	<b>Days I did it:</b> <b>M T W T F S S</b> □ □ □ □ □ □ □	<b>Days I did it:</b> <b>M T W T F S S</b> □ □ □ □ □ □ □
<b>How I felt before I began:</b> ..... ..... ..... .....	<b>How I felt before I began:</b> ..... ..... ..... .....	<b>How I felt before I began:</b> ..... ..... ..... .....
<b>How I felt during this activity:</b> ..... ..... ..... .....	<b>How I felt during this activity:</b> ..... ..... ..... .....	<b>How I felt during this activity:</b> ..... ..... ..... .....
<b>Things I found challenging:</b> ..... ..... ..... .....	<b>Things I found challenging:</b> ..... ..... ..... .....	<b>Things I found challenging:</b> ..... ..... ..... .....
<b>How I felt afterwards:</b>	<b>How I felt afterwards:</b>	<b>How I felt afterwards:</b>

Adapted from *Stronger My Way*: project by the Chartered Society of Physiotherapy and Sport England [csp.org.uk/stronger](http://csp.org.uk/stronger)

## Appendix 2: RESISTANCE BAND EXERCISES

You can try walking, cycling, running, swimming – or other types of exercises in the gym with sports equipment – or even resistance band exercises as we’ve illustrated in the pictures that follow:

Here are some suggestions for exercises you could do with a resistance band. These are just simple ideas to improve your strength, but if you are concerned whether they are appropriate for you, seek advice from your health professional.

RESISTANCE BAND EXERCISES					VITALITY LIFE
<b>ARM CURL</b>	<b>CHEST PRESS</b>	<b>SEATED ROW</b>	<b>TRICEP KICKBACKS</b>	<b>SEATED ABDUCTORS</b>	
					
Hold band in hand, other end securely under foot, elbow to ribs, bend arm towards shoulder, keep wrist rigid.	Wrap band around middle of back under armpits, hands start by side of chest, press forward. Do not lock elbows.	Loop band under straightened leg, arms straight, palms facing each other, pull hands towards ribs, keep elbows down.	Hold band in hands, other end under feet, palm facing chair, both arms go straight back, elbows point backwards	Knees touching, feet slightly apart, wrap band around thighs, hold it securely with both hands, spread knees apart	
<b>LEG PRESS</b>	<b>CHEST FLY</b>	<b>SHOULDER SQUEEZE</b>	<b>BACK FLY</b>	<b>TWIST</b>	
					
Hold band in hands, other end securely under foot, elbow to ribs, bend arm towards shoulder, keep wrist rigid.	Wrap band around middle of back under armpits over hands, close arms, bring palms together at chest level, soft elbows.	Band in both hands, palms up, elbows to ribs, pull band apart, keep elbows in, squeeze shoulder blades together	Band in front slightly lower than shoulder height, open arms, focus on squeezing shoulder blades together, soft elbows.	Stand tall, resistance band under both feet, hands together chest level, twist one direction then the other.	

Free workout videos at [VITALITYFL.COM](http://VITALITYFL.COM)

You may also find this video is helpful:

<https://www.youtube.com/watch?v=ZP9FKXGoBg8>