

SMALL WAYS TO MAKE A **BIG** CHANGE



HEALTHY EATING

A healthy, balanced diet = a healthy, happier you. If you're not sure where to start, here are a few tips:

- **Eat 5 portions of fruit and vegetables every day (1 adult portion = 80 grams).**
- **Reduce your intake of processed foods, including takeaway meals, sugar and white bread.**
- **Drink plenty of water (at least 6 to 8 glasses every day).**
- **Drink no more than 14 units of alcohol a week, spread across 3 days or more.**
- **The 'Eatwell Plate' (above) can be used as a guide.** For more info, search 'The Eatwell Guide', by NHS England.
- **Have a listen to, 'The Top 7 Belly Fat Burning Hacks for 2024 That Are PROVEN To Work!' By The Diary Of A CEO with Steven Bartlett.**

1

DIET & LIFESTYLE

What changes can you make at home and in your everyday life?

2

GROUPS & SERVICES

Find out what services are available in your area.

3

MEDICATIONS

Still a bit stuck? Discuss further options with your doctor.

EXERCISE



- Each week, aim for **150 minutes of moderate intensity activity, or 75 minutes of vigorous activity.**
- Moderate intensity activities, include: **brisk walking, riding a bike, dancing, or hiking.**
- Vigorous activities, include: **running, swimming, skipping, rugby, or hockey.**
- If you have a chronic medical condition, you may meet the criteria for **Exercise Referral**. This is a 12-week programme designed to improve health and wellbeing.
- For more info, scan the QR code below:



GROUPS & SERVICES

- **Slimming World** is a fantastic way to meet likeminded individuals with similar goals. Sessions every Wednesday, Thursday and Friday at Woollard Centre, run by Lorraine. For more info, visit: <https://www.slimmingworld.co.uk/group/556531> or call 07960603621
- **Essex Wellbeing Service** provides you with positive, motivational and educational solutions to help you lose weight. For more info, visit: <https://www.essexwellbeingservice.co.uk/services/weight-management> or call 03003039988
- **Morelife in West & South Essex** covers topics such as mindful eating, self-care and physical activity. For more info, visit: <https://www.more-life.co.uk/in-your-area/Essex/> or call 0800 038 9050
- **Health & Wellbeing Coaching** can you help you gain the knowledge, skills and confidence to improve your overall health. For more info, visit: <https://lbcpcn.co.uk/health-wellbeing-coaching/> or email Hweicbwe.lbcwellbeingteam@nhs.net
- **Dietician referrals** can be made if you or your GP feel as if this would benefit you. They can provide advice on what foods you should eat to optimise and improve your health.

A few benefits of a healthy diet & lifestyle...

1. **DECREASED RISK OF COMMON CANCERS (COLON, LIVER, PANCREAS AND KIDNEY).**
2. **REDUCED BLOOD PRESSURE.**
3. **REDUCED RISK OF HEART DISEASE.**
4. **REDUCED RISK OF DEVELOPING DIABETES.**
5. **LESS STRAIN FROM CHRONIC BACK AND JOINT PAIN.**



MEDICATIONS

ORLISTAT

- Orlistat works by reducing the absorption of fat from your food. This means that a third of the fat from your food will pass through your body in your stools. It will usually only be recommended if you've made a significant effort to lose weight through diet, exercise or changing your lifestyle. Even then, Orlistat is only prescribed if you have either a body mass index (BMI) ≥ 28 and other weight-related conditions, or a BMI of ≥ 30 . It is important that you speak to your GP before starting any new medication.

LIRAGLUTIDE (SAXENDA) & SEMAGLUTIDE (WEGOVY)

- These medications work by reducing your appetite and making you feel fuller. Again, you'll only be prescribed Liraglutide or Semaglutide if you meet a certain criteria, i.e. if you have a BMI of ≥ 35 , or you have a BMI of ≥ 32.5 and you're of a south Asian, Chinese, Black African or African-Caribbean origin. It is important that you speak to your GP before starting any new medication.