

Weight and Healthy Living Advice.

Being unfit and overweight is detrimental to your long term health. People who are overweight are more likely to have diabetes, heart disease, joint problems and some form of cancers.

Healthy living is not just about being the right weight but also about changing your eating patterns and exercise habits. Here are a few tips for improving you overall fitness and loose some weight.

Your weight now is.

BMI (ideal <25)

Weight to lose

What & How to eat.

1. The foods that increase your weight are
 - Fatty foods; pastry, cheese, butter, fried food, crisps, chips.
 - Sugary foods; sweets, chocolate, puddings, biscuits, cakes, ice cream
 - Large amounts of carbohydrate; Rice, bread, pasta, potatoes.
2. Vegetables are healthy and can be eaten in any quantity. Fruit has natural sugar in it; if you are trying to lose weight eat no more than three pieces a day. The recommendations are for 5 portions of fruit and vegetables a day.
3. Meat & fish are healthy but the meat is better with the fat removed. White meat i.e. poultry is better than red meat.
4. A weight reducing balanced diet therefore consists of plenty of vegetables, meat, fish and small portions of carbohydrate. Fatty & sweet foods should be reserved for treats.
5. If possible eat your main meal in the middle of the day or early evening. Food eaten late goes to fat more readily.

6. Don't snack. Almost invariably snack foods are high in Fat & sugar. When thinking about what we eat we often disregard the snacks which account for the bulk of the calories.
7. Drink as little alcohol as possible. Alcohol is full of sugar & significantly adds to your calorie intake. When a bit merry you also tend to eat high calorie food.
8. Drink 4-5 pints of liquid a day. Don't drink fizzy drinks and squashes with sugar in them, drink the diet ones or preferably water.
9. Plan your meals ahead. This enables you to plan healthy meals and not have to resort to high calorie food from the cupboard.
10. All pre-packed, prepared food and takeaways are almost invariably full of fat, sugar and high in salt. Check the labels of all pre-packed food including tins.
11. Trendy diets are ok for weight loss in the short term. In order to lose the weight and keep it off you need to change your overall approach to food with regards to meal times and planning. A lot of the trendy diets do not change your eating habits long term & the weight therefore goes back on.
12. If you are trying to lose weight you are more likely to succeed if you find a friend & weigh each other and exercise together regularly. Diets always start tomorrow if you do them on your own.
13. Feeling hungry is a habit. If you eat good meals regularly you will be hungry to begin with but this will settle in a few days. Overcome the hunger with water, chewing gum or fruit & vegetables.

Exercise.

Exercising regularly not only helps you lose weight but also helps keep it off. It will also improve your energy and stress levels, reduce PMT and improve your health in the long term, reducing your chances of heart attacks and general ill health.

You do not need to spend hours in the gym! Suggestions are;

- Aerobic classes.
- Swimming.
- Dancing regularly

- Brisk Dog walking. To be really effective in keeping you fit and lose some weight walking must be fast enough to make you sweat and raise your heart rate.
- A regular sport, cycling, Badminton, football, tennis or squash. Anything that makes you sweat.
- Walk to work or taking the children to school, take the stairs rather than the lift. Small increases in activity can have a significant effect.

The recommendations are 20 minutes 3 x a week with your heart rate about 120.

Buying a pedometer can help you assess your exercise levels from your day to day activities. The recommendations are 10,000 steps per day.

Local Gyms & sports centers.

BANES – check www.aquaterra.org/bathNES

- Bath Sports centre, North Parade. Open 8am -10pm Tel 462563
- Culverhay Sport centre. Rush Hill. Tel 480882
- South Wansdyke Sports centre. Midsommer Norton. Tel 01761-415522

Passport to health. A GP referral scheme at the Sports centre for guided exercise programmes & lifestyle advice. Ask you doctor for referral.

Private.

YMCA Broad Street. www.bathymca.co.uk Tel 325913

We have an arrangement with the YMCA with 10 sessions over 5 weeks for £25 including an initial assessment & some one to one sessions. This can be repeated once. Ask your doctor for referral details.

Bath University sports centre. www.teambath.com Tel 826656

Combe Grove Manor, Claverton Down Road, www.combegrovesmanor.com
Tel 834644

Space Health & fitness, Hayesfield park, Bear flat. Tel 337030
www.spacegym.co.uk
£45 for 8 personal training sessions

Monkton Combe School Sports Club 833363 open to non school members
www.monktoncombeschool.org.uk (look under commercial)

Lengthy list of exercise classes are available in the Bath Chronicle every Week.

Weight reduction classes.

War on Weight. Exercise and weight loss advice. Hayesfield School
344419

Slimming World.

www.slimmingworld.com

- Thursday. Southdown Methodist church. 340464
- Wednesday. Hillside Hall. Oldfield Park. 833015
- Wednesday. Twerton Village Hall. 01761 479640
- Monday. St Phillips & St James Odd Down. 837002

Weight watchers

www.weightwatchers.co.uk

- Tuesday. 7pm Twerton Village Hall
- Wednesdays 10am & 7pm Central united reformed church hall. Grove Street

EXERCISE CLASSES AT THE BRANCH SURGERY.

Every Friday morning. 10-11am with Pat Minns
Cost £15 for 6 sessions.

Exercise group for over 60's

Extend Percy Boys club. New Kings street. Thursday 11.15-12 noon

Further information about exercise in the Bath area.

www.fitnessfriends.org.uk

FREE HELMET WITH A NEW BIKE

We have an arrangement with John's Bikes in Walcot street, where if you buy a new bike from them you get a free helmet or accessories to the value of £30. Please ask at the surgery for proof of registration to take to the shop.

<http://www.johnsbikes.co.uk/>

SURGERY WALKS

A couple of times a year in Spring & Autumn we arrange 5-10mile walks from the surgery. These have a £5 entrance fee which goes towards maintaining the minibus. There are usually about 20 people on these walks. Keep an eye on the website or surgery for details.

Smoking.

Healthy living is obviously also about not smoking. Smoking is the most important factor in the development of heart disease, strokes and lung cancer.

If you would like some help to stop, help is available though;

- The nurses at the surgery.
- Walk in centre.
- Local Pharmacies

Other useful websites.

- Diabetes UK. www.diabetes.org.uk
- British Heart Foundation. www.bhf.org.uk
- BBC hot topics. www.bbc.co.uk/science/hottopics/obesity

Loosing weight and increasing your fitness levels should be fun and enhance your long term enjoyment of life.

Being lighter and fitter you will have more energy, feel more confident, achieve more, be happier, suffer less poor health and live longer!!