Healthy Weight, Healthy Life

Simple Steps to a Healthier You

Why a Healthy Weight Matters

Maintaining a healthy weight can:

- Reduce your risk of heart disease, diabetes, and certain cancers
- Improve your energy, mood, and sleep
- Support stronger bones and muscles

Eat Well

- Fill half your plate with fruits and vegetables
- Choose whole grains like brown rice, oats, or wholemeal bread
- Include lean protein: fish, chicken, beans, or lentils
- Limit sugary drinks and snacks
- Drink plenty of water

Tip: Eating slowly and stopping when you are full helps prevent overeating.

Stay Active

- Aim for at least 150 minutes of moderate activity per week (e.g., brisk walking, cycling)
- Include muscle-strengthening exercises twice a week
- Make small changes: take stairs, walk or cycle short trips

Tip: Activity can be fun—try dancing, sports, or walking with friends!

Healthy Lifestyle Tips

- Sleep 7–9 hours each night
- Reduce stress through relaxation, hobbies, or mindfulness
- Avoid smoking and limit alcohol
- Remember: Small, consistent changes make the biggest difference over time.

Track Your Progress with NHS Apps

NHS Weight Loss Plan

- Free 12-week plan for healthy eating and activity
- Daily tips, meal plans, and reminders
- Available on iOS and Android

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

Couch to 5K

- Beginner-friendly running program
- Gradually builds stamina and confidence

https://www.nhs.uk/better-health/get-active/get-running-with-couch-to-5k/

NHS Food Scanner

- Scan barcodes to check nutritional info
- Helps make healthier choices while shopping

https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/

Active 10

- Encourages brisk 10-minute walks
- Tracks daily steps and activity

https://www.nhs.uk/better-health/get-active/

Tip: Using apps can make healthy changes easier and more fun.

Get Support

- Speak to your GP or practice nurse for advice or speak to the **Wellbeing Team**
- Join local community or online support groups
- Use NHS resources and apps to stay motivated
- Your health journey is personal—take it one step at a time!