

# Weight Management - Maintenance Booklet

Information for patients



## Adult Weight Management and Type 2 Diabetes Prevention Service

Please bring this booklet with you to each session

Contact Number: 0131 537 9169



## Introduction

Welcome to your weight maintenance group programme. The aim of the maintenance sessions is to further your knowledge and transfer this into everyday life.

This booklet is designed to support you with lifestyle and activity changes as well as keep your motivation going to sustain these changes.

**You are encouraged to bring this booklet along to each session. You can complete online or print off and complete.**

If you are unable to attend a session please contact our team on **0131 537 9169**. If you are unable to reach us, please leave a message. If we do not hear from you and you are absent from two consecutive sessions, we will presume that you no longer wish to engage with the service and will update your GP.

## Session plan

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These 12 sessions are within a rolling programme. Depending on when you enter the group, you may not get the sessions in the exact order in this booklet but we will cover all 12 sessions over the year. The sessions are once every four weeks and 1 hour long.



## Weight conversion chart

Kg	St	lb
75.0	11	11 ½
75.5	11	12 ½
76.0	12	0
76.5	12	1
77.0	12	2
77.5	12	3
78.0	12	4
78.5	12	5
79.0	12	6
79.5	12	7 ½
80.0	12	8 ½
80.5	12	9 ½
81.0	12	10 ½
81.5	12	11 ½
82.0	12	13
82.5	12	14
83.0	13	1
83.5	13	2
84.0	13	3
84.5	13	4 ½
85.0	13	5 ½
85.5	13	6 ½
86.0	13	7 ½
86.5	13	8 ½
87.0	13	10
87.5	13	11
88.0	13	12
88.5	13	13
89.0	14	0
89.5	14	1 ½
90.0	14	2 ½
90.5	14	3 ½
91.0	14	4 ½
91.5	14	6
92.0	14	7
92.5	14	8
93.0	14	9
93.5	14	10
94.0	14	11 ½
94.5	14	12 ½
95.0	14	13 ½

Kg	St	lb
95.5	15	0 ½
96.0	15	1 ½
96.5	15	3
97.0	15	4
97.5	15	5
98.0	15	6
98.5	15	7
99.0	15	8 ½
99.5	15	9 ½
100.0	15	10 ½
100.0	15	10 ½
100.5	15	11 ½
101.0	15	12 ½
101.5	15	14
102.0	16	1
102.5	16	2
103.0	16	3
103.5	16	4
104.0	16	5 ½
104.5	16	6 ½
105.0	16	7 ½
105.5	16	8 ½
106.0	16	9 ½
106.5	16	11
107.0	16	12
107.5	16	13
108.0	17	0
108.5	17	1
109.0	17	2 ½
109.5	17	3 ½
110.0	17	4 ½
110.5	17	5 ½
111.0	17	7
111.5	17	8
112.0	17	9
112.5	17	10
113.0	17	11
113.5	17	12 ½
114.0	17	13 ½
114.5	18	0 ½
115.0	18	1 ½

Kg	St	lb
115.5	18	2 ½
116.0	18	4
116.5	18	5
117.0	18	6
117.5	18	7
118.0	18	8
118.5	18	9 ½
119.0	18	10 ½
119.5	18	11 ½
120.0	18	12 ½
120.5	18	13 ½
121.0	19	1
121.5	19	2
122.0	19	3
122.5	19	4
123.0	19	5
123.5	19	6 ½
124.0	19	7 ½
124.5	19	8 ½
125.0	19	9 ½
125.5	19	10 ½
126.0	19	12
126.5	19	13
127.0	20	0
127.5	20	1
128.0	20	2
128.5	20	3 ½
129.0	20	4 ½
129.5	20	5 ½
130.0	20	6 ½
130.5	20	8
131.0	20	9
131.5	20	10
132.0	20	11
132.5	20	12
133.0	20	13 ½
133.5	21	0 ½
134.0	21	1 ½
134.5	21	2 ½
135.0	21	3 ½
135.5	21	5

Kg	St	lb
136.0	21	6
136.5	21	7
137.0	21	8
137.5	21	9
138.0	21	10 ½
138.5	21	11 ½
139.0	21	12 ½
139.5	21	13 ½
140.0	22	0 ½
140.5	22	2
141.0	22	3
141.5	22	4
142.0	22	5
142.5	22	6
143.0	22	7 ½
143.5	22	8 ½
144.0	22	9 ½
144.5	22	10 ½
145.0	22	11 ½
145.5	22	13
146.0	22	14
146.5	23	1
147.0	23	2
147.5	23	3
148.0	23	4 ½
148.5	23	5 ½
149.0	23	6 ½
149.5	23	7 ½
150.0	23	8 ½
150.5	23	10
151.0	23	11
151.5	23	12
152.0	23	13
152.5	24	0 ½
153.0	24	1 ½
153.5	24	2 ½
154.0	24	3 ½
154.5	24	4 ½
155.0	24	6
155.5	24	7
156.0	24	8

## Weight conversion chart continued

Kg	St	lb									
156.5	24	9	177.0	27	12 ½	197.5	31	1 ½	218.0	34	4 ½
157.0	24	10	177.5	27	13 ½	198.0	31	2 ½	218.5	34	6
157.5	24	11 ½	178.0	28	0 ½	198.5	31	3 ½	219.0	34	7
158.0	24	12 ½	178.5	28	1 ½	199.0	31	5	220.0	34	9
158.5	24	13 ½	179.0	28	2 ½	199.5	31	6	220.5	34	10
159.0	25	0 ½	179.5	28	4	200.0	31	7	221.0	34	11 ½
159.5	25	1 ½	180.0	28	5	200.5	31	8	221.5	34	12 ½
160.0	25	3	180.5	28	6	201.0	31	9	222.0	34	13 ½
160.5	25	4	181.0	28	7	201.5	31	10 ½	222.5	35	0 ½
161.0	25	5	181.5	28	8	202.0	31	11 ½	223.0	35	1 ½
161.5	25	6	182.0	28	9 ½	202.5	31	12 ½	223.5	35	3
162.0	25	7	182.5	28	10 ½	203.0	31	13 ½	224.0	35	4
162.5	25	8 ½	183.0	28	11 ½	203.5	32	0 ½	224.5	35	5
163.0	25	9 ½	183.5	28	12 ½	204.0	32	2	225.0	35	6
163.5	25	10 ½	184.0	28	13 ½	204.5	32	3	225.5	35	7
164.0	25	11 ½	184.5	29	1	205.0	32	4	226.0	35	8 ½
164.5	25	12 ½	185.0	29	2	205.5	32	5	226.5	35	9 ½
165.0	25	14	185.5	29	3	206.0	32	6	227.0	35	10 ½
165.5	26	1	186.0	29	4	206.5	32	7 ½	227.5	35	11 ½
166.0	26	2	186.5	29	5	207.0	32	8 ½	228.0	35	12 ½
166.5	26	3	187.0	29	6 ½	207.5	32	9 ½	228.5	35	14
167.0	26	4	187.5	29	7 ½	208.0	32	10 ½	229.0	36	1
167.5	26	5 ½	188.0	29	8 ½	208.5	32	11 ½	229.5	36	2
168.0	26	6 ½	188.5	29	9 ½	209.0	32	13	230.0	36	3
168.5	26	7 ½	189.0	29	10 ½	209.5	32	14	230.5	34	4 ½
169.0	26	8 ½	189.5	29	12	210.0	33	1	231.0	36	5 ½
169.5	26	9 ½	190.0	29	13	210.5	33	2	231.5	36	6 ½
170.0	26	11	190.5	30	0	211.0	33	3 ½	232.0	36	7 ½
170.5	26	12	191.0	30	1	211.5	33	4 ½	232.5	36	8 ½
171.0	26	13	191.5	30	2 ½	212.0	33	5 ½	233.0	36	10
171.5	27	0	192.0	30	3 ½	212.5	33	6 ½	233.5	36	11
172.0	27	1 ½	192.5	30	4 ½	213.0	33	7 ½	234.0	36	12
172.5	27	2 ½	193.0	30	5 ½	213.5	33	9	234.5	36	13
173.0	27	3 ½	193.5	30	6 ½	214.0	33	10	235.0	37	0
173.5	27	4 ½	194.0	30	8	214.5	33	11	235.5	37	1 ½
174.0	27	5 ½	194.5	30	9	215.0	33	12	236.0	37	2 ½
174.5	27	7	195.0	30	10	215.5	33	13	236.5	37	3 ½
175.0	27	8	195.5	30	11	216.0	34	0 ½	237.0	37	4 ½
175.5	27	9	196.0	30	12	216.5	34	1 ½	237.5	37	5 ½
176.0	27	10	196.5	30	13 ½	217.0	34	2 ½	238.0	37	7
176.5	27	11	197.0	31	0 ½	217.5	34	3 ½	238.5	37	8

## Weight conversion chart continued

Kg	St	lb									
239.0	37	9	254.5	40	1	270.0	42	7 ½	285.5	44	13 ½
239.5	37	10	255.0	40	2 ½	270.5	42	8 ½	286.0	45	0 ½
240.0	37	11	255.5	40	3 ½	271.0	42	9 ½	286.5	45	1 ½
240.5	37	12 ½	256.0	40	4 ½	271.5	42	10 ½	287.0	45	3
241.0	37	13 ½	256.5	40	5 ½	272.0	42	12	287.5	45	4
241.5	38	0 ½	257.0	40	6 ½	272.5	42	13	288.0	45	5
242.0	38	1 ½	257.5	40	8	273.0	42	14	288.5	45	6
242.5	38	2 ½	258.0	40	9	273.5	43	1	289.0	45	7
243.0	38	4	258.5	40	10	274.0	43	2	289.5	45	8 ½
243.5	38	5	259.0	40	11	274.5	43	3 ½	290.0	45	9 ½
244.0	38	6	259.5	40	12	275.0	43	4 ½	290.5	45	10 ½
244.5	38	7	260.0	40	13 ½	275.5	43	5 ½	291.0	45	11 ½
245.0	38	8	260.5	41	0 ½	276.0	43	6 ½	291.5	45	13
245.5	38	9 ½	261.0	41	1 ½	276.5	43	7 ½	292.0	45	14
246.0	38	10 ½	261.5	41	2 ½	277.0	43	9	292.5	46	1
246.5	38	11 ½	262.0	41	3 ½	277.5	43	10	293.0	46	2
247.0	38	12 ½	262.5	41	5	278.0	43	11	293.5	46	3
247.5	38	13 ½	263.0	41	6	278.5	43	12	294.0	46	4 ½
248.0	39	1	263.5	41	7	279.0	43	13	294.5	46	5 ½
248.5	39	2	264.0	41	8	279.5	44	0 ½	295.0	46	6 ½
249.0	39	3	264.5	41	9	280.0	44	1 ½	295.5	46	7 ½
249.5	39	4	265.0	41	10 ½	280.5	44	2 ½	296.0	46	8 ½
250.0	39	5	265.5	41	11 ½	281.0	44	3 ½	296.5	46	10
250.5	39	6 ½	266.0	41	12 ½	281.5	44	4 ½	297.0	46	11
251.0	39	7 ½	266.5	41	13 ½	282.0	44	6	297.5	46	12
251.5	39	8 ½	267.0	42	0 ½	282.5	44	7	298.0	46	13
252.0	39	9 ½	267.5	42	2	283.0	44	8	298.5	47	0
252.5	39	11	268.0	42	3	283.5	44	9	299.0	47	1 ½
253.0	39	12	268.5	42	4	284.0	44	10	299.5	47	2 ½
253.5	39	13	269.0	42	5	284.5	44	11 ½	300.0	47	3 ½
254.0	40	0	269.5	42	6	285.0	44	12 ½			

## Alternative monitoring

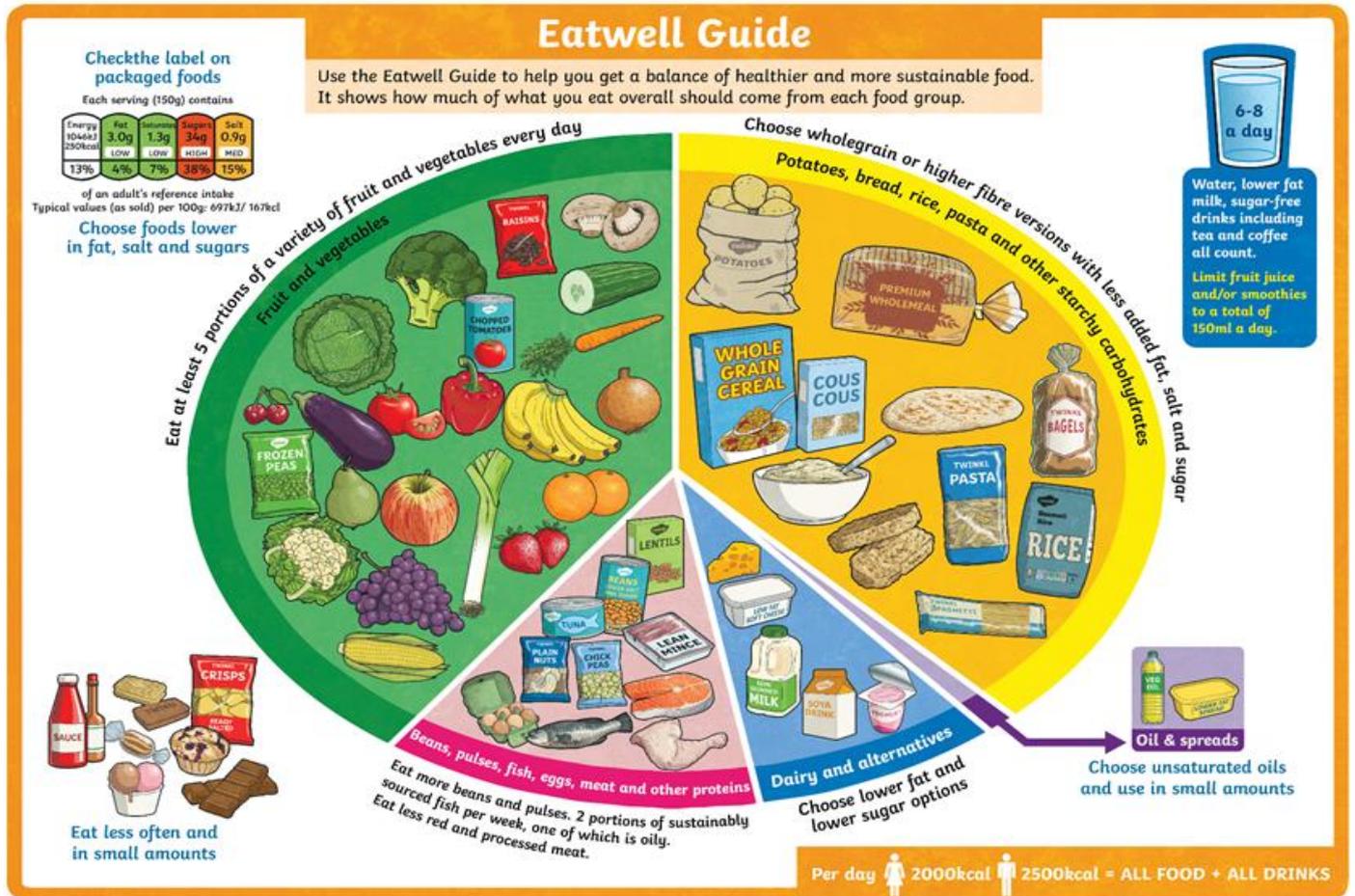
You don't have to weigh yourself to know you are meeting your goals. Here are some alternative ways to monitor your progress.

- How do your clothes feel?
- Measuring tape – taking arm, thigh and waist measurements monthly.
- Your fitness level – over time this will improve and you will be able to increase the activity length or pace. Set yourself a time or step count goal and monitor.

## Balanced eating

### Reminder

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.



## Session 1 - Reflection and Goals

### Reflection

A hugely important way to keep motivated and keep on track with maintaining your lifestyle changes involves looking back at your progress and achievements so far. The following pages are for you to fill out at home; thinking about your journey so far and your future goals.

1. During the initial 12 weeks of the programme, what changes did you make to your diet and/or lifestyle?
2. How did you manage to make these changes?
3. Have you been able to continue with these changes? What has helped you to sustain these changes?
4. If you have been unable to maintain some changes, what has interfered with your progress? What would need to happen to get back on track with them? Please consider if the changes were realistic (see SMART goals on page 9) and whether starting with a smaller goal may help.
5. What are you most proud of so far on your journey?
6. What do you think you need to do during your time in weight maintenance, to benefit your health? Are there any more changes you can and would like to make?

## Smart goals

Weight loss may be your overall goal however lifestyle changes can make a significant impact on your health. This session will discuss SMART goals. Try to aim for lifestyle goals such as increasing activity levels which will improve your health instead of a weight focused goal.

<b>S</b> <b>Specific</b>	<b>M</b> <b>Measurable</b>	<b>A</b> <b>Achievable</b>	<b>R</b> <b>Realistic</b>	<b>T</b> <b>Timely</b>
Make sure your goals are well defined and clear	Clear definition of success (often how much or how long). Helps you to highlight how you will know the goal is achieved.	Should be challenging but not impossible to achieve.	Make sure your goals are realistic.	Make a clear timeline and target date to achieve that goal.

On reflection of the above SMART goals, what would be your starting goal?

How confident are you of achieving this goal?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Not at all confident				Somewhat confident			Extremely confident		

## What do we need for a healthy lifestyle?



Please take some time to think about goals which you would like to achieve by the end of the programme. Ensure that these are realistic achievable targets (see SMART goals page 9).

What is your long term goal – thinking past the weight maintenance programme?

How confident are you of achieving this goal?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Not at all confident				Somewhat confident					Extremely confident

## Session 2 – Physical Activity

Increasing your physical activity levels provides many health benefits.



Physical Activity Recommended Guidelines		
How long	Results in:	Examples
<b>150 minutes of moderate intensity</b> (30 minutes – 5 days a week)	This will increase heart rate, breathing becomes faster and you will feel warmer. You should still be able to hold a conversation.	Brisk walking, dancing, tennis, hiking, cutting the grass, housework.
<b>75 minutes of vigorous intensity</b>	Will make your breathing hard and fast. It will be difficult to talk.	Running, swimming, riding a bike, walking up the stairs, football/rugby, skipping rope.



It is recommended to break up long periods of sitting down and do some movement even if just for 1 to 2 minutes.

Take a 5-10 minute break after 50-60 minutes of continuous screen time.

What impact would increasing your physical activity levels have on your health and wellbeing?

1.

2.

3.

4.



## Ways to increase our activity levels

- Walk or cycle to and/or from work. If this is too far, come off the bus a few stops early or park your car a short distance away to get some extra steps in.
- Take a short walk and get some fresh air during breaks at work.
- Climb the stairs instead of taking the lift.
- Try a new sport at the weekend or on your day off. Swimming is a great all round activity.
- Try to set aside some time to do exercise and schedule this into your week.
- Activity can be made more enjoyable with some company. Ask if any family, friends or work colleagues would like to join you. If you have a dog, try taking them on a slightly longer walk and build this up when possible.

What realistic ways do you think you can use to increase your physical activity?

Set yourself a goal for increasing physical activity in the next month:

How confident are you of achieving this goal?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Not at all confident				Somewhat confident					Extremely confident

Keeping a physical activity diary (example on the next page) helps you to monitor any changes and notice any improvements from week to week in your fitness. This may help keep you motivated and help you slowly build up your activity.

Planning your activity and asking others to join you will keep you on track.

### Remember:

**F** – Frequency (how often)

**I** – Intensity (how hard)

**T** – Time (how long)

**T** - Type (e.g. cardio/aerobic)

## Physical activity diary

Day	Time	Exercise	Minutes of exercise completed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Session 3 - Fats

Fats are an important part of the diet; they provide the body with energy and with some important vitamins (for example, vitamins A and D). They also provide essential fats, which the body is unable to make for itself. However, eating too much fat, or the wrong balance of fats can be unhealthy.

Fats provide nine calories per gram (kcal/g). They are an energy dense nutrient which means that compared to other nutrients, they are higher in energy (calories). Proteins and carbohydrates provide four kcal/g.

### How much fat a day?

Daily reference intakes recommend that each day, an adult aged 19-64 years should eat:

- Total fat – less than 70g
- Saturated fat – less than 20g

### Reading food labels

When reading labels compare products per 100g

**High in fat:** more than 17.5g of fat per 100g

**High in saturated fat:** more than 5g per 100g

**Low in fat:** less than 3g per 100g

**Low in saturated fat:** less than 1.5g per 100g

### Types of fat:

- **Unsaturated fats** – these are beneficial fats found in oils from plants and fish.

Two types of unsaturated fats:

1. **Monounsaturated fats** – helps protect the heart by maintaining levels of good cholesterol (called HDL) and lowering bad cholesterol (called LDL). Found in olive oil, rapeseed oil, avocados, nuts (brazil nuts, almonds).
2. **Polyunsaturated fats** – helps lower the level of bad cholesterol.

Two main types of polyunsaturated fats:

- a. Omega 3 – found in oily fish such as kippers, herring, trout, sardines, salmon, mackerel.
  - b. Omega 6 – found in some nuts and vegetable oils such as sunflower oil. This fat lowers both the bad cholesterol (LDL) but doesn't impact on your good cholesterol (HDL).
- **Saturated fat** – found in mainly animal sources such as processed meat, butter, cream, cheese and some plant sources (palm oil and coconut oil). Eating too much saturated fat can raise cholesterol and increase your risk of heart disease.
  - **Trans fats** – these are naturally present at low levels in some dairy foods and meats but are also found in processed and hardened vegetable oils. They can be found in 'partially hydrogenated vegetable fats/oil' but many manufacturers now avoid using hydrogenated fats or have reduced the amount of trans fats in their products to very low levels.

**Remember:**

**F - frequency**

**A - amount**

**T - type**

Fats occur naturally and in many processed foods. Fats can affect your health depending on how much and which type you eat. The amount of fats we eat is important and should be around a third of our daily energy. The type of fat is key too, in simple terms we should reduce our intakes of saturated fats and replace with unsaturated fats including omega-3 fats. Reading food labels will help you to make healthier choices and to get the balance of fats right in your diet.

## Session 4 - Carbohydrates

Carbohydrate (CHO) is the main source of energy for the body.

The daily reference intake for CHO – is at least 260g a day. Refer to the portion sizes section for more information on a serving of carbohydrates.

Carbohydrate is broken down into glucose (sugar) which is an important source of fuel for the body. Glucose can be converted into glycogen and stored in the muscles and liver. **However, if stores are full, excess glucose will be stored as body fat.**

Typically, carbohydrates can be divided into the following categories:

- **Simple/free sugars** (jam, sweets, fruit juice) - provides rapid energy release but doesn't keep you full for as long
- **Complex/starchy carbohydrates** (bread, rice, potato) – slowly release energy and provides fibre, minerals and vitamins. The wholegrain versions keep you fuller for longer and can help to lower cholesterol levels.

Foods that contain carbohydrates are an important part of our diets and can be included as part of a healthy balanced diet. It is helpful to choose wholegrain 'starchy' carbohydrates as they contain additional important 'nutrients' for the body. As with any food, it is important to choose the correct portion to suit your needs. Less active individuals require less carbohydrate. It's useful to be aware that 'free sugars' often provide lots of energy with very little nutritional value so these should be consumed in moderation.

Set yourself a goal relating to the information and discussion had from this session

How confident are you of achieving this goal?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Not at all confident				Somewhat confident					Extremely confident

## Session 5 – Socialising

Socialising can be a tricky situation for many people when thinking about dietary intake. This could include going out for coffee or a meal with family or friends.

These social gatherings and events in life are to be enjoyed. With a bit of pre-thinking and planning you can still enjoy these and manage this tricky situation.

### Eating out/takeaways

Tips to help when eating out:

- Look at online menus in advance if you can, to look for healthier choices
- Still have your regular meals before you go out to socialise to avoid being very hungry- otherwise you will be tempted to overeat when out
- Be aware of higher fat options on the menu or at the buffet. You could ask for a baked potato or boiled potatoes instead of chips
- You could ask for a side of salad or vegetables to fill you up for longer
- You could share a starter or dessert when out
- You could share a portion of rice or noodles with the main course.

### Ways to make a healthier choice with food

The following table includes some suggestions which may help when choosing food at a restaurant/take away or if you are making this food at home:

<b>Pizza</b>	<ul style="list-style-type: none"> <li>• Choose thin crust over deep pan and avoid stuffed crusts</li> <li>• Choose vegetables as toppings and a lean meat such as chicken</li> <li>• Choose a lower fat cheese</li> <li>• Try to avoid extra cheese or oils on top</li> <li>• Share pizza with friends or family or freeze extra portions</li> <li>• Consider serving with a side salad or your favourite vegetables</li> </ul>
<b>Pasta</b>	<ul style="list-style-type: none"> <li>• Try to choose tomato-based pastas rather than creamy</li> <li>• Try to pack these out with vegetables if making at home or serve with vegetables or side salad</li> <li>• Try to avoid adding parmesan or cheese onto the top</li> </ul>
<b>Indian</b>	<ul style="list-style-type: none"> <li>• Try to avoid creamy curries and go for tomato-based sauces</li> <li>• If making at home, try and make an easy sauce from scratch</li> <li>• Add extra vegetables and choose a lean meat such as chicken</li> <li>• Serve with brown rice</li> <li>• Avoid starters/sides which are often fried or in pastry such as samosas and pakoras</li> </ul>
<b>Chinese</b>	<ul style="list-style-type: none"> <li>• Try to avoid any meats which are described as crispy – these are deep fried</li> <li>• Try to avoid sugary Chinese sauces and instead try to pick stir fried</li> <li>• Try to stick to boiled rice to avoid extra calories</li> <li>• Try to stick to chicken and go for something with vegetables</li> <li>• Try to avoid starters/sides such as prawn toast, prawn crackers, and spring rolls which are deep fried or contained in pastry</li> </ul>

**It is all about getting back on track after a special occasion or social event**

These are to be enjoyed and should not be attached to guilt. It’s what you choose to do next which counts. Getting back on track with healthy meals and snacks is the most important thing to focus on. Going off plan could possibly affect your motivation which could lead to a downward spiral of unhealthy choices. Try to remain focused, keep your progress in mind, and move forward towards your goal.

**Alcohol**

The guidance is no more than 14 units for men and women with 2 alcohol free days.

**UK Chief Medical Officers'**

**Low Risk Drinking Guidelines**

**Drinkaware explains**

**Unit guidelines are now the SAME for men & women. BOTH are advised not to regularly drink more than 14 units a week**

This is what 14 units looks like:

6 pints of 4% beer

6 glasses of 13% wine  
175ml glasses

14 glasses of 40% whisky  
25ml glasses

**BUT** don't 'save up' your 14 units, it's best to **spread evenly** across the **week**.

If you want to cut down the amount you're drinking, a good way is to have several **drink-free days** each week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Note: 175ml 13% ABV wine and 4% ABV beer

If you're **pregnant** you **shouldn't drink alcohol at all**

Keep the short-term health risks low by:

- **limiting** the total amount of **alcohol** in **one session**
- **drinking** more **slowly**, alternating with **food** and/or **water**

The **guidelines** have been set at a level to keep the **risks of cancer** or other diseases **low**.

**drinkaware**

## Session 6 - Sugars

Sugars are carbohydrates found naturally in foods. However, sugar is also added to foods. This provides energy for the body.

Daily reference intakes recommend that each day, the total amount of sugar eaten should be less than 90g.

**High in sugar:** more than 22.5g of total sugars per 100g

**Low in sugar:** less than 5g of total sugars per 100g

### What are free sugars?

Free sugars are those added to food e.g. sucrose (table sugar), glucose or those naturally present in honey, syrups and unsweetened fruit juices, but exclude lactose in milk and milk products as well as those sugars contained in fruit that is still intact (not juiced). Scientific Advisory Committee on Nutrition (SACN) has recommended that free sugars should account for no more than five per cent of daily energy intake. This is equivalent to:

- 30g or seven sugar cubes for people aged 11 years and over, based on average population diets.

### Why is sugar such an issue?

The SACN Report found that high intakes of sugar were associated with greater risk of tooth decay and obesity. There is also some research that suggests that having too much sugar in the form of sugar-sweetened beverages increases the risk of type 2 diabetes.

### Sugar in fruit

Fruit contains fibre, vitamins, minerals and some natural sugar. It is a healthy alternative to foods high in free sugars and fat. Although pure fruit juices and smoothies are unsweetened and the sugar comes naturally from fruit, they still provide free sugars as well as some vitamins and minerals. Fruit juice will also not maintain the fibre from the whole pieces of fruit, therefore the recommendation is for a small 150ml glass, once a day.

### Reducing our sugar intake

- Swapping to lower sugar cereals such as wheat biscuits, museli and unsweetened cereals
- Try to cook meals from scratch and if using tins/jars of food, compare them to find the lower sugar versions
- Swap the fruit smoothie for the actual fruit as this will provide you with more fibre to fill you up for longer
- Go for diet drinks or no added sugar versions of juice.

## Session 7 - Food Labels

This session is about checking food labels. The following is a food shopping card that you can take along with you when you are shopping or you can use at home to check labels. This helps you to check if the food has a high, medium or low level of sugar, fat, saturated fat and salt per 100g.

**FOOD LABEL DECODER**  
ALL MEASURES AS 100G/ML

	FAT	SATURATES	SUGARS	SALT
<b>LOW</b> HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
<b>MEDIUM</b> OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
<b>HIGH</b> JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

Each burger contains:

<b>ENERGY</b> 924KJ 220kcal 11%	<b>FAT</b> 13g MED 19%	<b>SATURATES</b> 5.9g HIGH 30%	<b>SUGARS</b> 0.8g LOW <1%	<b>SALT</b> 0.7g MED 12%
--	---------------------------------	---	-------------------------------------	-----------------------------------

% of an adults reference intake.  
Typical values per 100g: Energy 966kJ/ 230kcal

The above is an example of the traffic light system found on most food packaging.

**Red** means the food is high in that nutrient

**Amber** means it is medium

**Green** means it is low. The more green that there is on the label, the **healthier** a choice it is.

The percentages tell you the percentage of an adult's reference intake. The reference intake shows the maximum amount of calorie and nutrients you should eat daily.

Food labels also include a nutritional panel on the side or the back. This provides more detail and often includes information per 100g and often per portion. This provides details on additional nutrients such as fibre. When comparing different foods, using the information per 100g is the easiest way as serving sizes may differ between foods/brands.

The ingredient list is also a useful part of a label to read. The ingredients are listed in weight order and so the main ingredients are first on the list.

## Food labelling terms

**Use by date** – on perishable foods which go out of date quicker. Do not use foods after the end of the use by date even if it looks fine, as this could lead to food poisoning.

**Best before** – on foods that are frozen, dried, tinned and other foods. When this date is passed the quality of the food may be changed however the food will not be harmful to eat.

**Display and sell by** – Mainly for stock control purposes at retailers.

**Light** – For a food to have “light” on the packaging it must have at least 30% less than the standard product. The product will detail what nutrient it has less of and the value.

However, the light version of one brand may contain the same amount of the standard version of another brand. It is always worth checking labels.

**No added sugar/unsweetened** – refers to added sugar or sweeteners, this does not mean that there is no sugar in the food. The food may contain ingredients that have naturally high sugar content such as fruit.

## Food labels to discuss:

### Caramel chocolate bar



**Be Treatwise. Each 37 g serving contains**

Energy	Fat	Saturates	Sugars	Salt
749 kJ 179 kcal	8.9 g	5.3 g	18 g	0.14 g
9%	13%	27%	20%	2%

of the reference intake\*

Typical values per 100g: Energy 2025 kJ

### Plain Chocolate bar



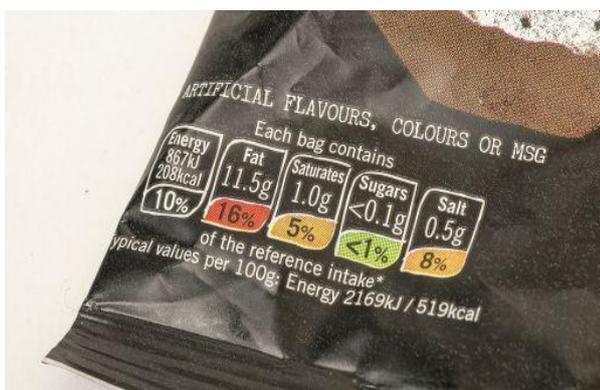
**Be Treatwise. Each 27.5 g serving contains**

Energy	Fat	Saturates	Sugars	Salt
813 kJ 147 kcal	8.4 g	5.1 g	15 g	0.07 g
7%	12%	26%	17%	1%

of the reference intake\*

Typical values per 100g: Energy 2232 kJ / 534 kcal

### Slightly salted crisps



### Baked crisps



Set yourself a realistic goal in terms of understanding and using food labels more: for example using the traffic light system when food shopping.

How confident are you of achieving this goal?

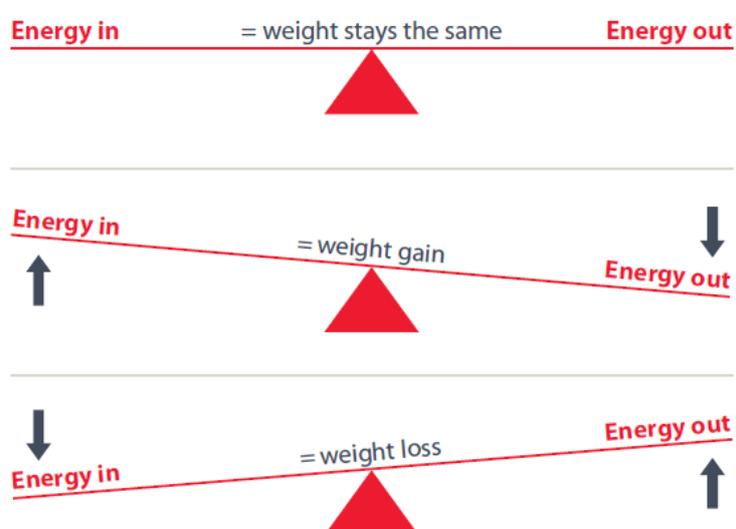
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Not at all confident				Somewhat confident					Extremely confident

## Session 8 - Portion Control and Portion Distortion

Looking at the Eatwell Guide, can help with portion control for the overall day.

Portion distortion is a term which refers to the growing portion sizes which people refer to as normal. Over the years, many sizes of portions have increased in restaurants, and within the foods we buy in supermarkets. The serving suggestions on food labels and at places we eat out might not be the serving size which you would usually stick to at home. With this in mind, portion size influences how much we eat.

Standard serving	Larger serving	Options to cut calories
Salt and vinegar baked crisps (20g) 97kcal	Salt and Vinegar crisps (fried) (50g) 179kcal	Lightly salted popcorn (20g) 87kcal
2 chocolate finger biscuits 107kcal	Chunky, chocolate covered biscuit bar (40g) 207kcal	1 x Milk chocolate digestive 83kcal Or 1x rich tea biscuit 38kcal
Lasagne (230g) 420kcal	Large Lasagne (455g) 833kcal	Vegetarian lasagne (375g) 305kcal- serve with large salad or vegetables
Sausage Roll (63g) 222kcal	Jumbo sausage roll (124g) 436kcal	2 x mini sausage rolls 106kcal
Plain Burger 240kcal	Quarter Pounder with cheese 518kcal	Chicken burger (50g) 119kcal and serve with salad or vegetables



**What does 100kcal look like...**

**Tomatoes**



**Strawberries**



**Blueberries**



**Broccoli**



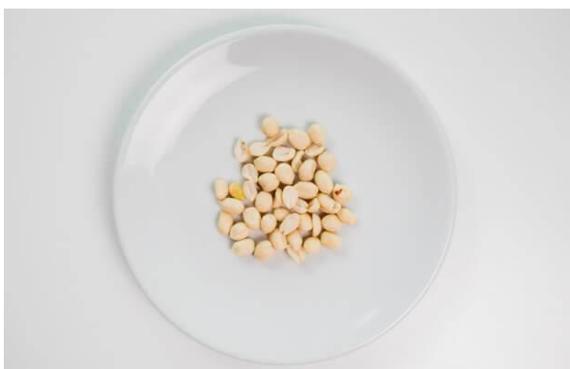
**Scotch egg**



**Sausage roll**



**Peanuts**



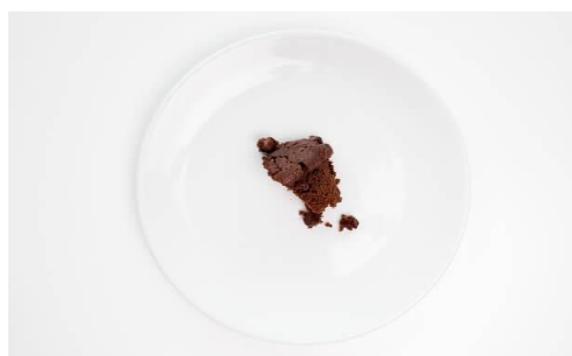
**Oatcakes**



**Hummus**



**Chocolate muffin**



**Chocolate**



**Brownie**



**How many servings are in the following food items?**

Item	How many servings?
400g tin of Cream of Tomato Soup	
200g tube of ready salted crisps	
440g jar of curry sauce	
150g bag of Salt and Vinegar crisps	
200g bar of milk chocolate	
300g pack of milk chocolate digestive biscuits	

**Serving size-** the recommended amount of food listed on a product

A serving size on a food label may be different from the portion amount you choose to eat.

**Servings in food items:**

Item	How many servings?
400g tin of Cream of Tomato Soup	2 servings
200g tube of ready salted crisps	6 servings
440g jar of curry sauce	4 servings
150g bag of Salt and Vinegar crisps	5 servings
200g bar of milk chocolate	8 servings
300g pack of milk chocolate digestive biscuits	18 servings (approximately 1 biscuit per serving)

**Tips to help with portion control**

- Use measuring cups and/or scales – you may be surprised how much you are serving yourself and find that after a few times measuring out foods you will be better at visualising the correct portion size.
- Use smaller sizes of plates and bowls to make the correct portion look larger than if it was presented on a large plate.
- Bulk cook meals and freeze portions so that you can easily heat up healthy meals.
- Bulk up meals with a large side salad or vegetables.
- After a meal wait 20 minutes before eating again as it can take this time to realise you are full.
- Try to avoid picking at leftovers. Try to cook less and so have no or few leftovers, or plan to leave the extra portion for another meal- for example, the next day.

Set yourself a goal for the next month. This could be something involving portion control or sugar intake.

How confident are you of achieving this goal?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Not at all confident				Somewhat confident					Extremely confident

## Session 9 – Long Term Conditions

The risks of developing some long term conditions can be higher if you live with overweight or obesity. This session will cover Type 2 Diabetes, high blood pressure and high cholesterol to give you a bit more knowledge on each condition.

### Type 2 diabetes

**Type 2 diabetes is a common condition** that causes the level of sugar (glucose) in the blood to become too high.

- **It can cause symptoms like excessive thirst, needing to pee a lot and tiredness.** It can also increase your risk of getting serious problems with your eyes, heart and nerves.
- **It's a lifelong condition that can affect your everyday life.** You may need to change your diet, take medicines and have regular check-ups.
- **It occurs when there are problems with a chemical in the body (hormone) called insulin.** The risk of type 2 diabetes increases if you have a family history of it and if you live with overweight or obesity (NHS). You can check your risk score here: <https://riskscore.diabetes.org.uk/start> (paper copies can be provided if you are unable to access online).

Having a high blood sugar over a long period of time can seriously damage your eyes, heart, feet, and kidneys. This is why it is so important to correctly manage this condition and identify it as early as possible.

**This condition can potentially be put into remission with the right care and treatment.**

A healthy diet and exercise will help you manage your blood sugar level. **There is no food you cannot eat if you have type 2 diabetes. However, you will need to consume a healthy balanced diet.**

You should eat three meals a day and it is important not to skip meals. Eat a wide range of food including fruit and vegetables and starchy foods such as pasta and rice. You should watch your sugar, salt and fat intake.

If you are identified as having a moderate or high risk score we can offer you the Let's Prevent Diabetes programme to help you reduce your risk, see our website or contact us for more details:

<https://services.nhsllothian.scot/AWMT2D/Pages/letspreventdiabetes.aspx>

### High blood pressure (hypertension)

High blood pressure, or hypertension, rarely has noticeable symptoms. However, if untreated, it increases your risk of serious problems such as heart attacks and strokes.

Around a third of adults in the UK have high blood pressure, although many will not realise it.

The only way to find out if your blood pressure is high is to have your blood pressure checked (NHS).

An ideal blood pressure should be between 90/60mmHg and 120/80mmHg.

High blood pressure is 140/90mmHg or higher or 150/90mmHg or higher if over the age of 80.

If you have high blood pressure, this puts extra pressure on your heart, blood vessels and other organs such as the eyes, brain, and kidneys. Long term high blood pressure can increase your risk of developing potentially life threatening health conditions including:

- Heart disease
- Heart attacks
- Strokes
- Heart failure
- Kidney disease.

Everybody has a different blood pressure and so your usual may be different to someone else's usual.

You are at increased risk of high blood pressure if you are over 65, live with overweight or obesity, have a family history of hypertension, consume too much salt, consume too much alcohol or smoke, or do not exercise enough.

These lifestyle changes can help prevent and lower high blood pressure:

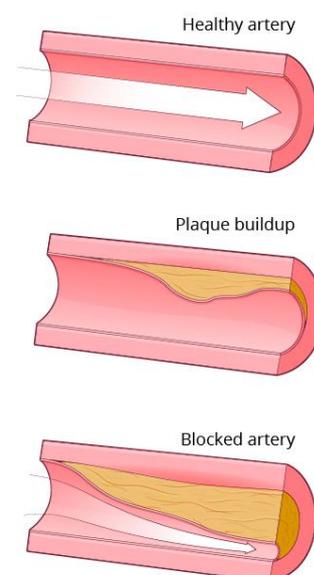
- Reduce the amount of salt you eat and have a generally healthy diet
- Cut back on alcohol: [www.nhsinform.scot/healthy-living/alcohol/tips-on-cutting-down](http://www.nhsinform.scot/healthy-living/alcohol/tips-on-cutting-down)
- Lose weight if you live with overweight or obesity: [www.nhs.uk/better-health/lose-weight/](http://www.nhs.uk/better-health/lose-weight/)
- Exercise regularly: [www.nhs.uk/live-well/exercise/free-fitness-ideas/](http://www.nhs.uk/live-well/exercise/free-fitness-ideas/)
- Cut down on caffeine
- Stopping smoking: [www.nhsinform.scot/healthy-living/stopping-smoking/](http://www.nhsinform.scot/healthy-living/stopping-smoking/)

Some people will need medication from their GP to manage their blood pressure or reduce their risk.

## High cholesterol

- High cholesterol is when you have too much of a fatty substance called cholesterol in your blood.
- It's mainly caused by eating fatty food, not exercising enough, having an excess bodyweight, smoking and drinking alcohol. It can also run in families (genetic).
- You can lower your cholesterol by eating healthily and getting more exercise. Some people also need to take medicine.
- Too much cholesterol can block your blood vessels. It makes you more likely to have heart problems or a stroke.
- High cholesterol does not cause symptoms. You can only find out if you have it from a blood test.

Plaques within blood vessels (as seen in diagram to the right) are made up of excess cholesterol and/or fats. These plaques can build up and eventually block up blood vessels and make it more likely you will suffer from heart problems and stroke.



### **Ways to reduce your cholesterol**

Try to eat more:

- Oily fish, like mackerel and salmon
- Brown rice, bread, and pasta
- Nuts and seeds
- Fruits and vegetables.

Try to eat less:

- Meat pies, sausages, and fatty meat
- Butter, lard, and ghee
- Cream and hard cheese, like cheddar
- Cakes and biscuits
- Food that contains coconut oil or palm oil.

Exercise can reduce cholesterol levels as well as stopping smoking and reducing your alcohol intake.

## Session 10 – Breaking Habits

Below are some common eating habits that people can fall in to. We have provided some tips to help break these habits.

### Eating in the evening due to boredom

- Try to keep busy- if you are distracted you are less likely to think about eating. Having some structure to your evening can help pass the time such as housework, going for a bath, or reading a book.
- Question your hunger and fullness signals – on a scale of 1-10 how hungry are you? Is it a craving? Try to delay this craving for half an hour and it may pass.
- If you like to snack why not try healthier snack options such as baked crisps or a few crackers/vegetable sticks with salsa. If you have a sweet tooth you can try a low-calorie hot chocolate.
- Try sugar free chewing gum or brushing your teeth as it can reduce that feeling of wanting to eat something.

### Not having regular meals or skipping meals

- It is so important to aim for a regular meal pattern even if you don't feel hungry at a meal time. If we skip meals we then feel ravenous and want to snack or over eat at our next meal.
- If you struggle with breakfast try to eat something a few hours after getting up, try to take a piece of fruit to work or a porridge/cereal pot (check the label for sugar content).
- Try to have healthy snack options such as a packet of nuts, an apple, crackers or reduced-fat cheese with a few cherry tomatoes. Buy a plastic snack box and fill it with healthy snacks for when you are on the go. You can find more snack ideas on The British Dietetic Association food fact page or NHS website (see page 35 for the website links).

### Ordering a takeaway because it's easier than cooking

- Try batch cooking- making double and put an extra portion in the freezer for another day. If you get home late or can't be bothered cooking, you can defrost this portion from the freezer.
- Have "back up" quick meal options in your store cupboard such as beans or eggs for beans and eggs on toast. Other quick meal ideas are: pasta and sauce (add frozen veg), stir fries, or a baked potato.
- Try to plan meals a few days in advance as the more we are planned the less likely you will grab food or order a takeaway.
- Make up a healthy packed lunch for when you are out of the house. This can help you to avoid the temptation of unhealthy choices in the shops if you are out and about or at the work canteen/shop.

(Diabetes UK website)

## Food diaries

Food diaries can help us to stay on track when we are struggling.

Below is a blank example of a food diary. Food diaries allow you to record your food and drink intake which can be used as a great tool to help you on your journey. It is useful to record additional information about what and how much you are eating. These can allow you to identify and highlight any patterns in your eating habits.

This is a great tool to be able to look back on and track your progress so far. You may find that this helps to keep you motivated with your healthier eating.

You can record this on an app on your phone, online or on paper.

### Food and drink diary

	Time	What/how much	Hunger scale 1-5	Where/who with/how feeling
Breakfast				
Mid morning				
Lunch				
Mid afternoon				
Evening meal				
Supper				
Additional snacks				

## Session 11 – Sleep

### Sleeping patterns

It is known that a long term poor sleeping pattern can increase your risk of developing heart disease, high blood pressure, diabetes and obesity. Poor sleep can affect mental health and focus. A poor sleeping pattern may impact on the food choices you make and could make it more difficult to keep motivated and focus on your health.

If you have difficulties falling asleep or achieving a good sleep pattern, you may need to have a think about your sleeping environment and how you wind down from your busy life to fall asleep.

Here are a few tips to try achieving a good sleep pattern:

- Try to sleep at regular times so your body clock sets to a routine.
- Try to wake up at a similar time each day. If you have a bad night you may be tempted to catch up on sleep and rise later than normal but this could disrupt your sleep routine even more.
- Try not to rely on caffeinated drinks to boost energy as these can disrupt sleep further. Try to set a cut off time in late afternoon to stop drinking caffeinated drinks to make sure there is no caffeine in your system when it comes to bed time.
- Avoid screen time for roughly an hour before bed.
- Find a “wind down” routine to follow before bed. Things such as reading a book, using relaxation apps, going for a bath or listening to music could work.
- Try to keep the bedroom clear of screens and noise, and try to keep it dark and at a cool temperature.



## Session 12 - Stress

Stress is another factor which can affect the food choices you make. Stress can make you feel low in mood and food can sometimes be used as a coping mechanism. Stress may leave you feeling tired and this may impact on your motivation towards cooking a homemade healthy meal.

It is very important that we practice self care and allow time for ourselves to de-stress and relax.

### Tips to reduce stress:

- Use exercise to clear your mind. A walk may help. This will also release feel good endorphins. Including a walk during the day or when you have a break at work may help you to avoid stress building up over the day.
- Having a good support network of colleagues, friends and family. Talking through a problem may help you or doing something with a friend may take your mind off things.
- Try to be more accepting of things that you are not able to change.
- At the end of the day, you may find it useful to write a to do list to organise your thoughts for the next day and write down positive things from the day.
- Practice self care - this could be reading a book, painting your nails, listening to music, or going for a bath.

Set yourself a goal, this could be something involving self care.

How confident are you of achieving this goal?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Not at all confident				Somewhat confident			Extremely confident		

## Completion of the programme

Congratulations, you have made it to the final session in weight maintenance. This session will be used to reflect on your journey through this programme and to celebrate your success throughout your journey. We will think about planning for your future without the weight maintenance programme. We will also ask for some very valuable feedback about the programme and this booklet from your group.

What main goals did you set over the last 12 months within weight maintenance? Did you make any progress towards these goals? How did you manage to make these changes?

What strategies have helped you throughout this journey that you will continue to follow in the future?

If there are any goals which you made which you didn't quite achieve, what will it take for you to achieve these in the future? What needs to happen to allow you to achieve these goals?

What is life like now you have completed our programmes? Are there any resulting changes from changing your lifestyle?

Summarising this programme, remember the following **key points**:

- Continue to receive support – could be friends, family, colleagues at work, other groups. Having support will help keep you motivated.
- Regular eating – always eating 3 regular healthy balanced meals and a couple of healthy snacks. Remember portion control and keep your fluid intake up.
- Regular exercise – every minute counts
- Always keep in mind your hopes and goals for the future.
- Do your best to keep on track and keep motivated however, know how to deal with lapses. One lapse is definitely not going to undo all your progress and do not be too hard on yourself if this happens. Plan for if this does happen. If you lapse again think about your triggers and about the problem which is causing you to lapse. Continue to make realistic goals.

## Useful websites/contacts for further reading and support

### Health and healthy eating resources

#### **NHS website**

Contains reliable advice regarding health and diet

[www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)

#### **British Dietetic Association (BDA) website**

Contains reliable information on healthy eating and dietary advice relating to health conditions

[www.bda.uk.com/food-health/food-facts.html](http://www.bda.uk.com/food-health/food-facts.html)

#### **Food Standards Scotland website**

Healthy eating advice, food safety and food labels information

[www.foodstandards.gov.scot/consumers/healthy-eating](http://www.foodstandards.gov.scot/consumers/healthy-eating)

#### **Drink Aware website**

Useful information regarding alcohol. Contains unit and calorie calculator

[www.drinkaware.co.uk/](http://www.drinkaware.co.uk/)

#### **British Heart Foundation website**

Reliable information regarding heart and circulatory diseases. Also recipe and healthy eating information

[www.bhf.org.uk/information-support](http://www.bhf.org.uk/information-support)

#### **Diabetes UK website**

Information and support regarding diabetes

[www.diabetes.org.uk/](http://www.diabetes.org.uk/)

### Recipe resources

#### **British Heart Foundation**

Recipes

[www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder](http://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder)

#### **Diabetes UK**

Recipes

[www.diabetes.org.uk/guide-to-diabetes/recipes](http://www.diabetes.org.uk/guide-to-diabetes/recipes)

#### **NHS- Recipe ideas**

Contains breakfast, lunch and evening meal ideas including recipes

[www.nhs.uk/healthier-families/recipes/](http://www.nhs.uk/healthier-families/recipes/)

#### **BDA Eat Well Spend Less**

Tips to save money on eating healthily.

[www.bda.uk.com/resourceDetail/printPdf/?resource=food-facts-eat-well-spend-less](http://www.bda.uk.com/resourceDetail/printPdf/?resource=food-facts-eat-well-spend-less)

## Mental health and bereavement resources

### **Breathing Space**

Free confidential phone service for those in Scotland over age of 16 who are experiencing low mood, depression and/or anxiety.

<https://breathingspace.scot/>

Telephone: 0800 83 85 87

### **Samaritans**

Service which allows you to call, visit a branch, write a letter or email about anything that is troubling you.

[www.samaritans.org/scotland/how-we-can-help/contact-samaritan/](http://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/)

Telephone: 116 123

### **Mental Health Foundation**

Information on mental health, how to get help and podcasts and videos.

[www.mentalhealth.org.uk/your-mental-health](http://www.mentalhealth.org.uk/your-mental-health)

### **Mind for better mental health**

Information on mental health and how to get help.

[www.mind.org.uk/information-support/types-of-mental-health-problems/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/)

### **NHS Inform– bereavement pages**

Information on bereavement.

[www.nhsinform.scot/care-support-and-rights/death-and-bereavement/](http://www.nhsinform.scot/care-support-and-rights/death-and-bereavement/)

### **Cruse Bereavement Care**

How to support yourself or help someone bereaved.

[www.cruse.org.uk/get-help/about-grief](http://www.cruse.org.uk/get-help/about-grief)

### **Vocal**

Provides support and information for unpaid carers in Edinburgh and Midlothian in all caring situations and relationships.

[www.vocal.org.uk/how-vocal-can-help-for-carers/](http://www.vocal.org.uk/how-vocal-can-help-for-carers/)

## Physical activity resources

### **Edinburgh Leisure**

Information on activities available and venues.

[www.edinburghleisure.co.uk/activecommunities](http://www.edinburghleisure.co.uk/activecommunities)

### **Midlothian Council**

Information on activities available and venues, Also information on membership and offers.

[www.midlothian.gov.uk/info/521/sport\\_and\\_leisure/388/book\\_a\\_fitness\\_or\\_leisure\\_activity\\_class](http://www.midlothian.gov.uk/info/521/sport_and_leisure/388/book_a_fitness_or_leisure_activity_class)

### **West Lothian Leisure**

Information on activities available and venues. Also information on membership and offers.

[www.westlothianleisure.com](http://www.westlothianleisure.com)

### **Active East Lothian**

Information on activities available and venues. Also information on membership and offers.

<http://www.activeeastlothian.co.uk/physical-activity/>

### **NHS – Exercise pages**

Information on exercise, couch to 5k and fitness guides

[www.nhs.uk/live-well/exercise/?tabname=how-much-exercise](http://www.nhs.uk/live-well/exercise/?tabname=how-much-exercise)

You have now completed the Weight Management Programme  
Remember to keep this booklet to hand and keep referring to it as you continue to  
make healthy lifestyle choices.

Contact number: **0131 537 9169**

