



*Healthy*

*Weight*

*Management*



# *What we'll cover today*

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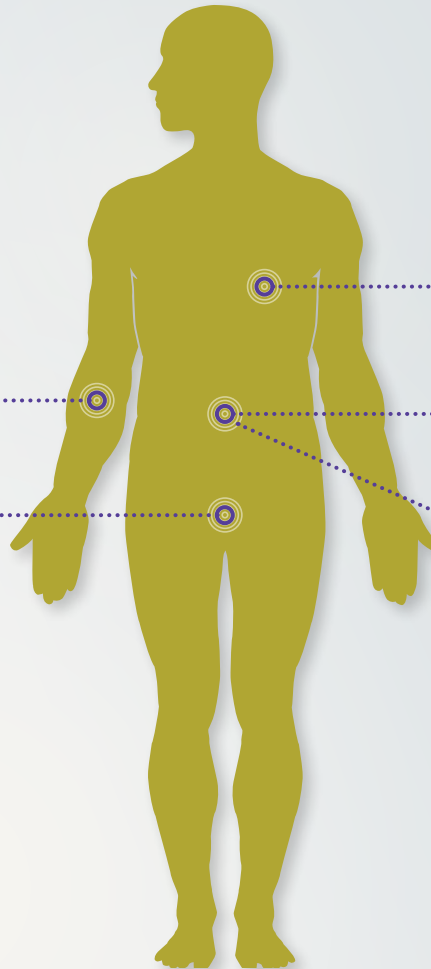
- ⊖ **Why** maintaining a healthy weight is important
- ⊖ **Three key things** to help with healthy weight loss and weight management
- ⊖ **Where** you can find extra support and resources.



# Why being a healthy weight is important

**Double** the risk of high blood pressure for those who are over weight

**57%** increased risk of prostate cancer for those who are over weight



**70%** of heart disease patients are over weight

**80%** of people with type 2 diabetes are over weight

Losing just **10lbs** can slash your risk of type 2 diabetes by **30%** and arthritis by **50%**



# Getting started

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Set a goal, make a **commitment** to yourself and tell others, this helps with motivation, support and keeps you accountable.

Look for simple **changes** you can make – one change at a time. These changes should be seen as part of a healthy lifestyle change not simply for weight loss, and gradually build on one another.

Every time someone loses and regains weight it becomes more difficult to lose weight the next time.

**Believe** in yourself.



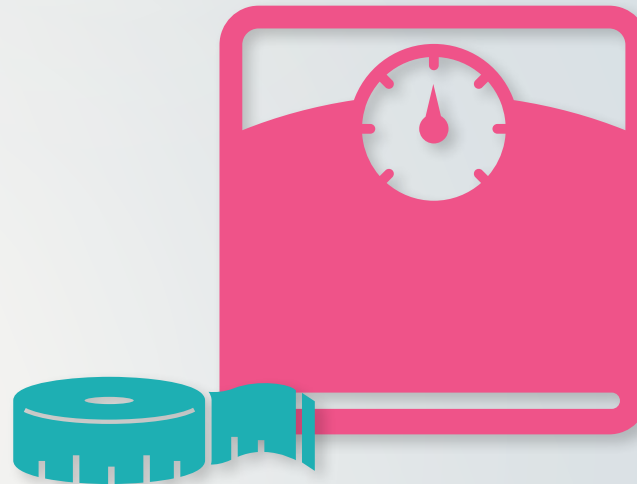
# How to measure your progress

Set a realistic time frame. **1-2lbs per week** maximum.  
- how many weeks will it take?

**Measure** your waist size (directly over your navel)  
- one of the best indicators of fat loss.

Measure by a change in belt / clothes size.

Use photos for **motivation**.



# Your three step plan

Maintaining **weight loss** over the long term is difficult. Below are the things people who were successful found helped the most:



**Move well**



**Eat well**









**Sleep well**



# Move well

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-  Weight loss is about your body **burning** more **energy** than you take in
-  Just **20 minutes** of brisk exercise a day which gets your breathing rate up can be a huge help
-  If you have an active job it's still **important** to do a little more
-  Find something you **enjoy** and regularly make time for it
-  Aim to build up to **45 minutes, 5 days per week** over time
-  Check with your **GP** or an **exercise professional** if you haven't exercised regularly in the past six months.



# Eat well

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Make one change at a time. This could be:

-  Eating a **healthy breakfast** every day
-  **Snacking** on fruit and nuts – not food from the vending machine
-  Drinking plenty of **water** and avoid sugar rich drinks
-  Eating **lean meats** like chicken, turkey or white fish
-  Having no more than a **fist serving** of rice, pasta or potatoes with any meal
-  Adding **greens** to your evening meal
-  **Lowering** your **alcohol** intake.





# Eat well

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## The trouble with fad diets...

- 🍏 **Hard to stick** to long term
- 🍏 Likely to cause **rebound weight gain** after finishing the diet
- 🍏 Unnecessary **exclusion** of certain foods or food groups
- 🍏 **Health risks** associated with restricting calories or food groups
- 🍏 Often **expensive**.



# Sleep well

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- zzZ If your sleep is regularly broken then it can lead to cravings for sugary and fatty foods
- zzZ It can also increase hormones in our body that make it more likely to store fat, particularly around our stomach and organs
- zzZ Always try to get **6–8 hours** of sleep everyday.



## *What to do next?*

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- ⊖ More **information** and **helpful articles** - see Occupational Health and Wellbeing on ***Connect*** or ***Safety Central***
- ⊖ Look at your **range** of health and wellbeing employee **benefits** that can support weight loss.

[www.personal-benefits.com/networkrail](http://www.personal-benefits.com/networkrail)

