

Session 12 Activity Book



Welcome!

Welcome to the Healthy Helpings (HH), session 12 activity book.

If you are reading this activity book online, you can click on any links ([shown in blue](#)) to be taken directly to the information. Otherwise, please find all links on the relevant [HH session webpage](#).

Session 12

In session 12 we look at:

- Moving forwards
- Your achievements
- Weight loss goals

Moving Forward

Throughout Healthy Helpings we have practiced using different tools and explored a variety of topics that can support your weight loss journey and enable long term success.

Rate the following Key Points on how helpful you found them over the past few weeks.

1 = Not Useful, 2 = Slightly Useful, 3 = Useful, 4 = Fairly Useful, 5 = Very Useful

Key Points	
<input type="checkbox"/>	Keeping a food and activity diary
<input type="checkbox"/>	Using the Eatwell Guide for a healthy and balanced diet
<input type="checkbox"/>	Carrying out regular physical activity
<input type="checkbox"/>	Making health goals and taking action
<input type="checkbox"/>	Checking your weight regularly
<input type="checkbox"/>	Being aware of what can influence your behaviour and impact weight

Top Tips

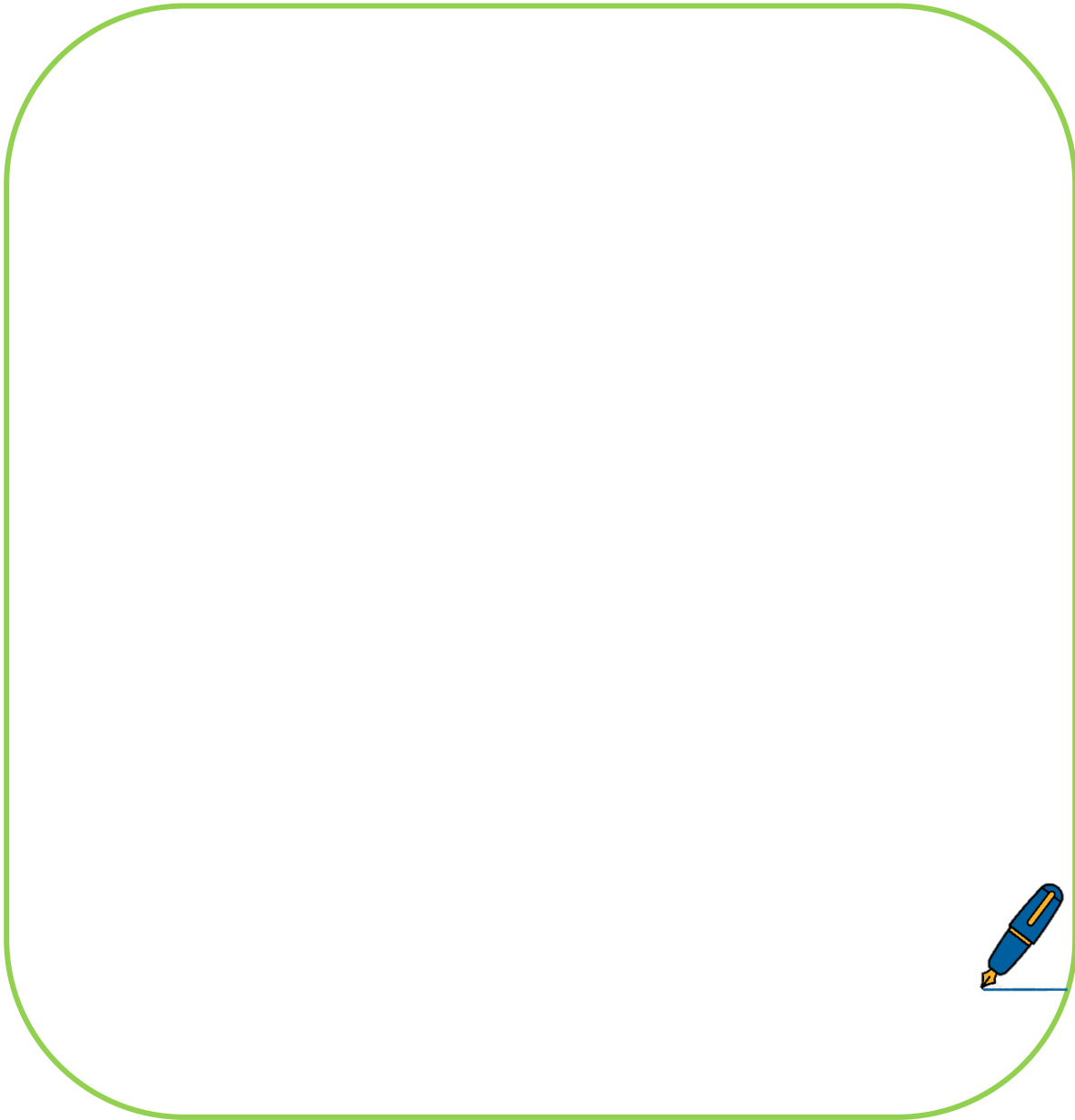
At the end of each session, we gave a top tip for you to try out. Use the space below to write down what you have achieved.

Top Tip	What I Do...
Keeping active	<i>Example: I now go for a 20 minute lunch time walk</i>
Small changes make a big difference	
Mindful eating	
Eating regular meals	
Getting support from friends and family	
Rewarding yourself for making progress	
Using reminders to keep on track	
Thinking of portion sizes	
Paying attention to how you eat	
Planning ahead	
Planning for difficult situations	

Achievements

Look over your weight tracker that you will have been filling out during the Healthy Helpings sessions. Reflect on all the achievements you have made in the past 12 sessions and the progress you have made over this time.

Write your thoughts in the box below.



Final Message

We are now at the end of the 12 sessions of Healthy Helpings. Congratulations!

Our final message for you is to remember that for long-term weight loss and maintenance, you need to think about the **small effective lifestyle changes** you have been practicing.

Hopefully, through participating in the programme, you have started to **establish new routines**, and those **changes** which you felt were challenging earlier in the programme have **become easier over time**.

We would now appreciate if you could take the time to fill in our [feedback form](#), found on the Healthy Helpings webpage. If you are not able to access this form online, we are happy to receive your comments via telephone call, email or post, using the below contact information.

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