

TOP TIPS

to help manage your weight



1

Plan what you are going to do

People who plan ahead are more successful when making changes to their eating and physical activity. Take time to plan **what** you will do, and **when** and **where** you will do it.



2

Increase your activity

Aim to be physically active, for example by walking for at least 30 minutes each day.



3

Eat regular meals

Eat three regular meals a day including breakfast. You will be less likely to feel hungry and end up snacking.



4

Reduce your plate size

Reduce your portion sizes by using a smaller plate. By doing this you will be more likely to stop eating once you are full.



5

Write it down

People who keep a diary of their eating and activity are more successful in managing their weight. It helps to keep track of how well you are doing, and where you can still improve.

Healthy
Helpings

The best time to start is **NOW!**

Write down your own plan. Remember - the more specific you are, the greater your chances of success.

What am I going to do?

Where and **when** am I going to do this?

Is there anything that might get in the way of your plan?

How will you manage this?

You might want to put this card somewhere where you can see it as a reminder.

Aberdeen Health Psychology Group, University of Aberdeen contributed to the development of this postcard.

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