

Target Weight

Starting weight	
Starting weight less 5%	
Starting weight less 10%	

Date	Weight	Date	Weight



Towards a Healthy Weight



Getting Started

Are you a healthy weigh?

Knowing your Body Mass Index (BMI) and also your waist size can help you to decide whether you're a healthy weight or not.

Body Mass Index (BMI)

BMI compares your weight to your height. It's calculated using the equation below:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

or visit www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx ,enter your weight and height and BMI will be calculated automatically.

If your BMI (kg/m ²) is:	It indicates that you are:
<ul style="list-style-type: none">• Less than 18.5	<ul style="list-style-type: none">• Underweight
<ul style="list-style-type: none">• 18.5 - 25	<ul style="list-style-type: none">• A healthy weight
<ul style="list-style-type: none">• 25 - 30	<ul style="list-style-type: none">• Overweight
<ul style="list-style-type: none">• More than 30	<ul style="list-style-type: none">• Very overweight

Waist Size

It's a good idea to also check your waist size as it can also show the risk to your health.

	You are at increased risk if your waist circumference is	You are at very high risk if your waist circumference is
Women	81 cm or 31.5 inches or more	88 cm or 34 inches or more
Men	94 cm or 37inches or more	102 cm or 40 inches or more

Aim to Lose Weight Slowly and Steadily - it's more likely to stay of that way.

Losing a lot of weight in a short time tends to be because we've made a big change to what we're eating, drinking or doing. It's hard to keep up big changes and so the weight tends to go back on.

Losing between 1 to 2 pounds each week (that's 0.5 to 1kg) is ideal.

Weigh Yourself Regularly - every week is a good idea.

By doing this we notice early on if our weight is creeping up. If we notice that it is, the sooner we start to do something about it, the easier it is to get under control.



Target Weight Loss

If you are overweight, losing 10% of your starting body weight can lead to improvements in your health, for example lower blood pressure, or improved blood sugar levels.

You might also notice that your clothes fit better, knee or back pain is improved, or you are less breathless.

As a general guide, aim to lose

- 5% of your body weight over 3 months, or
- 10% over 6 months