

Session 1

Assessing your weight
Setting a weight loss target

Factors that can influence weight
Using a food and activity diary

Useful websites

Session 2

Fluid intake

Setting clear goals

Importance of being active

Session 3

Fruit and Vegetables

Physical activity recommendations

Mindful eating

Session 4

Starchy carbohydrates

The importance of eating regularly

Walking

Session 5

Fats

Exercise for strength

Emotional/ comfort eating

Session 6

Protein foods – beans and pulses, fish, meats
Dairy foods and alternatives

Rewarding your progress

Session 7

Snacking
Healthier snacks

Chair based activity
Balance and co-ordination

Reviewing goals

Session 8

Fibre

Vigorous activity

Keeping busy

Thoughts

Session 9

Reading labels

Paying attention to eating

Session 10

Planning meals
Salt
Eating out

Fitness Trackers

Planning Ahead

Session 11

Alcohol

Stories in the media
Keeping on track

Managing difficulties

Session 12

Re-cap of main points

Moving forward