

Session 1 Activity Book Introduction



Welcome!

Welcome to the Healthy Helpings (HH), session 1 activity book.

We recommend that you read, and work through each activity book after watching the film for that session.

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.](#)

Healthy Helpings aims to help you make small long term changes to your eating habits and lifestyle to help improve your weight and overall health.

Session 1

In session 1 we look at:

- Weight loss targets
- Why keeping a diary of your daily food, drink and activity can help
- Other things which can lead to weight gain

Aim to Lose Weight Slowly and Steadily

Evidence shows that weight which is lost slowly and steadily is more likely to remain 'lost'.

Losing **1 – 2 pounds** or **0.5 – 1kg** each week is ideal.

10% Weight Loss

A 10% weight loss can lead to many health benefits, including a reduction in the risk of heart disease, Type 2 Diabetes Mellitus and some cancers.

As a general guide, a weight loss of **10% in around 6 months** is a sensible target.

An example of 10% weight loss is shown below for a starting weight of 15 stone/95kg:

	Weight (Stones and pounds)	Weight (Kilograms)
Starting weight	15 stone	95kg
Weight at 6 months (following 10% loss)	13 stone 8 lbs	86kg

Note down your 10% weight loss target below:

Current Weight	
10% Weight Loss Target	



You may wish to use the helpful tools below to calculate your 10% weight loss:

- [10% weight loss calculator \(in stones and pounds\)](#)
- [10% weight loss calculator \(in kilograms\)](#)

Body Mass Index (BMI)

Body Mass Index (BMI) compares a person's **weight and height**. Generally speaking, if a BMI is between **18.5 and 25kg/m²**, the person's weight is considered to be in the **'healthy'** range.

You can calculate your BMI by clicking on the link below (you will need to know your current weight (in pounds or kilograms) and your height (in feet and inches or centimetres):

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

15% Weight Loss

Where someone has a **Body Mass Index (BMI) greater than 35 kg/m²**, a weight loss of at least **15%** is recommended to reduce health risks.

If your BMI is greater than 35kg/m², you can note down your 15% weight loss target below:

Current Weight	
15% Weight Loss Target	

You may wish to use the helpful tools below to calculate your 15% weight loss:

- [15% weight loss calculators \(stones and pounds\)](#)
- [15% weight loss calculator \(kgs\)](#)

Weigh Yourself Regularly

Evidence shows that weighing yourself regularly, for example once a week, can help you **reach, and maintain, your weight loss target**.

You can keep track of your weight using the [HH Weight Tracker](#).

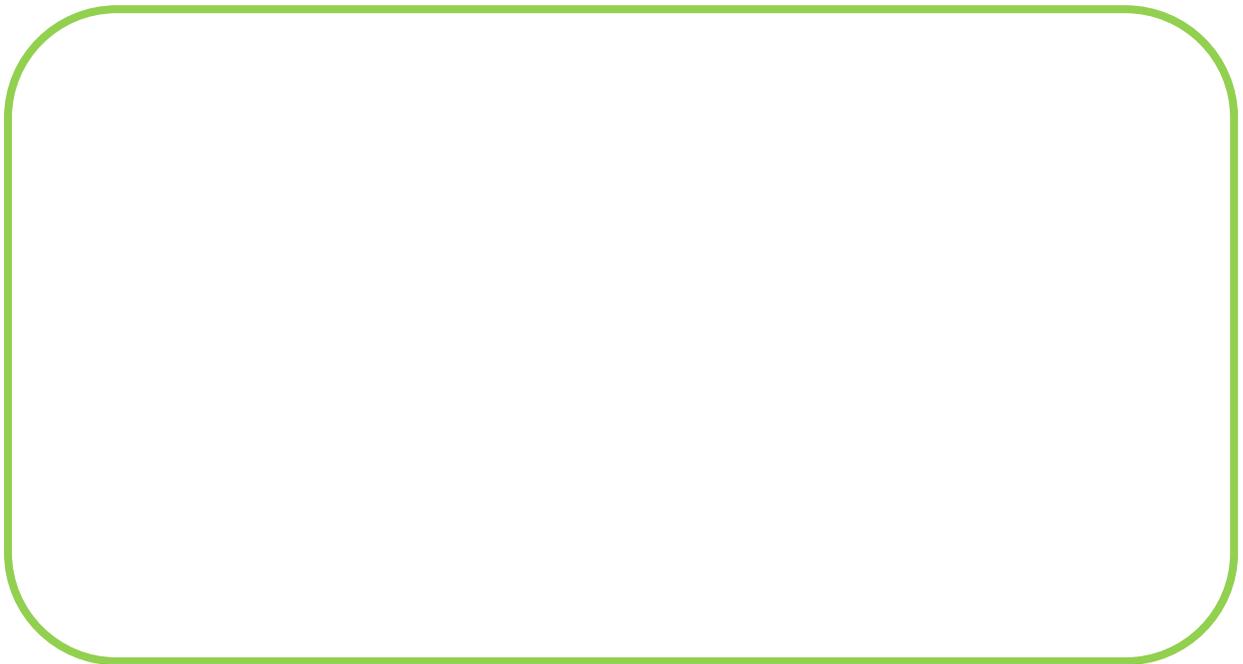
If you don't have access to a set of scales, there are other ways you can measure your progress, including changes in your ability to move, how far or fast you can walk, or changes in the way your clothes fit.

Another way to measure progress is by measuring your waist. A bigger waist measurement can increase your health risk. Find out how best to measure your waist here: [Why is my waist size important?](#) (NHS)

Other Things Which Can Affect Weight

Think about the other things which might be having an effect on your weight.

Remember, these can include the **environment** around you, the way you are **feeling**, as well as **habits, rules or beliefs** you may hold.



Keeping a Food Drink and Activity Diary

Keeping a Food, Drink and Activity Diary can help us:

- become more aware of our habits – what we eat, drink and do
- see where change is needed
- keep track of how we're getting on with any changes we're making

How Often Do I Need to Write in the Diary?



To get the most benefit from keeping a diary (and to not forget anything) **try to write in it at points throughout each day.**

How Long Should I Keep the Diary for?



Try keeping a Diary for 3-7 days after watching each HH session.

A blank [HH Diary](#) is available. You can print as many copies as you need, or you might prefer to use a notebook, journal, app or spreadsheet.

In the future, you may wish to keep a diary again from time to time to help you keep on track, or to get back on track.



Diary Detail

Below is an example of the kind of detail you should note in your diary:

Date: 09/05/21	Food and Drink	Activity
Breakfast	<i>½ glass of orange juice</i> <i>Small bowl of fruit and fibre cereal with semi skimmed milk</i>	<i>20 minute walk to get newspaper</i>
AM Snack	<i>Latte (whole milk)</i> <i>Medium apple</i>	
Lunch	<i>2 large eggs, scrambled, with 2 rashers of bacon</i> <i>Small wholemeal bread roll</i> <i>Full fat yogurt</i> <i>A cup of tea with one sugar</i>	<i>15 minute walk with dog</i>
PM Snack	<i>Glass of water</i> <i>Small bag of crisps</i> <i>1 x chocolate biscuit</i>	
Evening Meal	<i>Take away: curry and rice with a Naan bread</i> <i>Can of diet coke</i>	
Evening Snack	<i>2 scoops of chocolate ice cream</i> <i>Glass of water</i>	

Fruit and Veg. Tracker								
Fluid Intake								

Top Tip – Keep Active!



[23 and ½ hours](#) is a short film which helps explain why being active is good for you.

Have you had any ideas of how you can add in a little extra movement to your day? Feel free to note down below any you want to try:

A large, empty rounded rectangular box with a green border, intended for writing ideas. In the bottom right corner of the box, there is a small blue pen icon.

Thoughts On Session One

Now you have finished session one, use the space below to write down any thoughts or ideas you might want to take into the next week. We have included some questions which might help you to think about what you learned, and think what progress you want to make in the next few weeks 😊

What did I learn?

Why are these things that I have learnt important?

What am I going to with the information I learned?

How am I going to put this learning into practice?



