



ChooseToLose@Work

Week 1 – Are you ready to get started?

Aim:

The aim of week 1 is to introduce the weigh-in sessions to employees. This should include where, when and how they will be facilitated. Participants should develop an appreciation of what healthy weight-loss is, where additional resources can be found and the importance of the self-monitoring process throughout the programme.

For those interested in the ChooseToLose@Work 10 week programme, week 1 should provide an overview of the programme and willing participants will be asked to sign ‘a pledge or promise’ to demonstrate their commitment to the 10 week, the pledge can be downloaded from the ChooseToLose@Work webpage.



Essential topics to cover:

- Introduce yourself to the group.
- Remind the group that sessions are confidential.
- Explain to the group where and when weigh-in sessions will take place, and in what format they will take i.e. will participants weigh themselves, where will recording sheets be kept?
- Signpost participants to the NHS website where participants can calculate their own BMI. <http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>
 - o A BMI of over 25 is considered over-weight
 - o A BMI of over 30 is considered obese.
 - o A BMI of under 18.5 is underweight and should not be considering weight-loss.
- Demonstrate how to take a waist measurement and explain the risk associated with people carrying weight around their waist. Find out more at NHS Choices – [Why is my waist size important?](#)
- Explain that healthy weight loss is normally 0.5kg a week (1lb to 2lbs) and participants should not attempt to lose more than this. However, 0.5kg of week is considered to be rapid weight loss and participants should not necessarily expect to

achieve this. Weight-loss will occur at different rates for different people and participants with more weight to lose are more likely to lose their weight quickly.

- This programme intends to support participants to develop lasting habits, sustainable changes to diet and exercise, and not necessarily designed to achieve rapid weight-loss. Research continues to demonstrate that small changes sustained over the long term can achieve sustainable safe weight-loss.
- Provide self monitoring worksheets to the group. Encourage participants to monitor their own weight throughout the programme.

(The self monitoring worksheets can be downloaded individually or as a full workbook from the main ChooseToLose@Work webpage)

**Introduce the 10 week ChooseToLose@Work plan and ask participants to sign 'the pledge'. There is no obligation to take part in the ChooseToLose@Work and people can still attend weigh-in sessions.*

- Encourage participants to keep a food diary.
- Remind participants that if you consume more calories than you burn you store that extra energy as fat , resulting in weight gain.
- Making small lifestyle changes is key to losing weight healthily and managing your weight in the long term.
- Remind participants that forward planning is key to success.
- Record participant's email address on weigh-in record sheet.
- Record participant's height on weigh-in record sheet.
- Record participant's starting weight on weigh-in record sheet.
- Record participant's starting waist measurements on weigh-in record sheet.
- Ask participants to set their first Healthy Eating Goal.

Week 1 Top Tips:

1. *Participants will be asked to set one small goal each week. These goals should be achievable, realistic and sustainable and should be focussed on healthier eating or exercise. For example:*

'I will swap whole milk to semi-skimmed milk'

'I will replace high sugar energy drinks with sugar-free versions'

'I will go for a short 10 minute walk every lunch time'

If a goal isn't sustained after 1 week then it is very unlikely to be a lasting change therefore goals should be reviewed and tweaked every week. Changing life-long habits is not easy and not meeting a goal shouldn't be seen as a failure.

2. *To assist with making permanent changes, some people find it helpful to count the calories they consume in the first few weeks which can help them to understand what they are eating and how to control portion sizes. Various free apps are available, for example 'myfitnesspal'. The NHS website can also be used for counting calories.*
<http://www.nhs.uk/Livewell/weight-loss-guide/Pages/calorie-counting.aspx>

3. Weight-loss goals should be considered over years, rather than over weeks or months. The aim of the 10 week programme is to promote healthier eating habits and encourage more activity and help staff to focus on lifestyle changes that can be sustained.

Leaflets and posters to display or handout

Some of the resources below are free to download via the links others can be ordered through NHS Forth Valley's [Health Improvement Resource Service \(HIRS\)](http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/)
<http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/>

Title	Available from where?
Choose To Lose Self Monitoring Worksheets	Download Self Monitoring Tools/Worksheets online www.nhsforthvalley.com/weight These can be photocopied blank and used weekly to record your weight progress, track your changes and keep you motivated. Worksheets include: <ul style="list-style-type: none"> • Are you committed and ready to lose weight? • Making Lifestyle Changes • Weight Record Sheet / Tracker Chart • My Smart Goal Sheet • Food & Activity Diary • Keep Motivated Checklist Choose To Lose Self Monitoring Workbooks can be ordered from HIRS NUT 01/L
Choose To Lose Card	HIRS NUT 84/L
Choose To Lose Leaflet	HIRS NUT 78/L
NHS Choices Weight Loss Guide – Week 1	Visit www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx Download Week 1

Useful Websites

For further links to website and apps visit:

Choose To Lose... and keep weight off for good!

www.nhsforthvalley.com/weight

- **Ready to Take Control?** - Helping you change your old habits and get motivated.
- **Eat Well Feel Great** – Set achievable goals and get tips on healthy eating.
- **Get Active Your Way** – Find an activity that suits you and find out what’s going on in your area.
- **Keep Going** – Top tips on how to stay motivated and maintain a healthy weight and lifestyle.

British Dietetic Association – Food factsheets

<https://www.bda.uk.com/foodfacts/home>

NHS Choices – Weight Loss Guide

www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx

- Free 12 week diet and exercise plan, full of advice and tips and has a free calorie tracker.

Useful Apps

Myfitnesspal

<https://www.myfitnesspal.com/>

NHS Calorie Checker

<http://www.nhs.uk/Livewell/weight-loss-guide/Pages/calorie-counting.aspx>

