



www.nhsforthvalley.com/weight

Get the balance right and lose weight successfully!

For successful weight loss your body needs to use more calories than you take in.

This sounds quite straightforward but it does take time, it doesn't happen overnight. You have to stick to a negative energy balance over time to ensure consistent and steady weight loss.



Fewer Calories In

Use Up Calories

Small fluctuations in weight on a daily basis is normal, so try not to get upset or disheartened if you see a slight increase in your weight. Don't get over obsessed with what the scales are telling you about your weight, instead try to focus on how you feel and look.

Did you know?

To lose 1 pound ($\frac{1}{2}$ Kg) in a week – you have to have a total calorie deficit of about 3,500 calories per week, that's around 500 calories each day!

Eating for weight loss

- Choose a variety of healthier foods
- Eat fewer calories
- Monitor and reduce your portion sizes
- Limit the amount of high calorie snacks and treats you have
- Limit your alcohol intake
- Try to be more active

A sensible, steady approach to weight loss can be achieved through a combination of eating well and moving more.