



www.nhsforthvalley.com/weight

Making Lifestyle Changes

To lose weight you will need to make changes to your lifestyle. The first step in making changes is to look at what you are doing now.

Use our **Food and Activity Diary** to help record this.

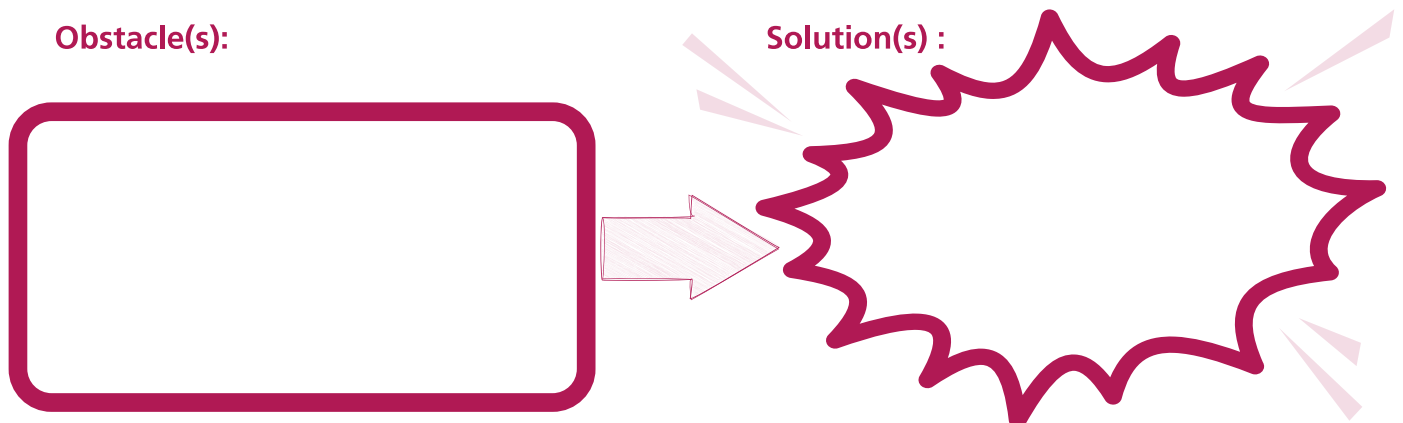
Keeping a diary can help identify trends in your eating and activity habits.

You may want to think about including the following in your diary:

- The amount and types of food you eat
- Why you eat and when you eat
- What alcohol and non-alcoholic drinks you have
- Your ways of dealing with urges to eat
- Your food shopping habits
- How you cook
- How you plan your meals and snacks
- What activity you do
- What is stopping you from being more active

You might find there are only a few or lots of habits that need to be changed. The more things you try to change at the same time, the more difficult it can become to keep this going. This is the reason why 'crash diets' never last for long.

Think about the changes you want to make and how you will put them into practice. Sometimes things can get in the way of making everyday lifestyle changes e.g. you may have children who need babysitting while you are doing activity out the house. Think about some of the obstacles or problems that may arise and see what solutions can be put in place to help you succeed.



Remember just focus on 2 or 3 changes to start with. Once you have successfully made these changes you can move onto the next ones.

Use our **SMART Goals** sheet to help you make the changes.