

BECAUSE THERE'S ONLY
ONE YOU



#Patient:

BMI	Taught how to measure	Recorded (range)
Waist Circumference		
Advice given		

For further information:

Useful Links

- Keep Well
- NHS Inform
- Take Life On
- Weightwise – BDA
- Weight Concern
- Steps for Stress
- One You
- Hoop UK
- Eat Better Feel Better
- <https://change4life.service.nhs.uk/change4life>

Find your local support groups

- <https://www.nhs.uk/service-search/other-services/Weight%20loss%20support%20groups/LocationSearch/1429>
- <https://www.meetup.com/topics/weight-loss-support/gb/17/london/>

Further Information (Websites)

- Lose Weight
- Weight Loss Myths
- Start Losing Weight
- 12 Tips to Help You Lose Weight
- Hidden Causes of Weight Gain
- 12 Week Weight Loss Programme – NHS Inform
- 12 Week Weight Loss Guide – NHS England
- Benefits of Weight Loss Poster
- Food and Activity Diary
- Get The Balance Right
- Making Lifestyle Changes
- My SMART Goals
- Eatwell Guide – Get the balance right
- My Achievements
- Ten Tips To Keep The Weight Off
- Weight Record Sheet

Self Monitoring Tools

- Self Monitoring Workbook – Full
- ***NEW** Video – Guide to using this workbook
- Are You Ready
- Benefits Versus Barriers
- Benefits of Weight Loss Poster
- Food and Activity Diary
- Get The Balance Right
- Making Lifestyle Changes
- My SMART Goals
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Useful Apps and Tools

- BMI Tracker app
- NHS Weight Loss
- Easy Meals

Podcasts:

- Couch to 5K
- 5K+
- Strength and Flex

You can access all materials on the following website:

<https://nhsforthvalley.com/health-services/health-promotion/nutrition/choose-to-lose/eat-well-feel-great/>