



10 Top Tips for a Healthy Weight

Keeping a healthy weight can help cut your risk of cancer and other serious diseases. The good news is that small changes to your lifestyle that you keep up over time can lead to a reduction in bodyweight.

1. **Keep to your meal routine** – eating at roughly the same times each day helps avoid unplanned meals or snacks.
2. **Go reduced fat** – cut down on fat and go for small amounts of healthy fats from plant oils, nuts and oily fish instead.
3. **Walk off the weight** – try reaching 10,000 steps a day.
4. **Pack a healthy snack** – this could include things like fruit, plain yoghurt or a small handful of plain nuts.
5. **Look at the labels** – pick options higher in fibre and lower in fat, salt and sugar
6. **Caution with your portions**– fill half your plate with colourful vegetables, fill a quarter with high fibre wholegrain foods (eg brown rice or whole wheat pasta) and a quarter with a healthy protein (eg fish, fresh chicken or pulses).
7. **Up on your feet** – stand more anywhere, anytime.
8. **Think about your drinks** – make water your first choice. Alcohol, fizzy drinks and energy drinks are high in sugar and calories.
9. **Focus on your food** – try to eat slowly at a table. Overeating is very easy while on the go or sitting in front of the TV.
10. **Don't forget your 5-a-day** – having fruit or veg at every meal makes this easier.

This information has been taken from www.cruk.org

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridgecottage@gmail.com