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INSTRUCTIONS FOR PATIENTS TRYING TO LOSE WEIGHT

Being overweight puts you at risk of serious ill health including heart disease, diabetes, difficulty breathing. It also leads to increased loads on your spine, hips, knees and feet and causes early arthritis.

Ways to lose weight:

This means eating LESS

Have small meals (don't fill the plate up)

Eat slowly and enjoy the meal and the conversation

Stop eating while still hungry

Hold back from having second helpings

Avoid sweet food and drinks

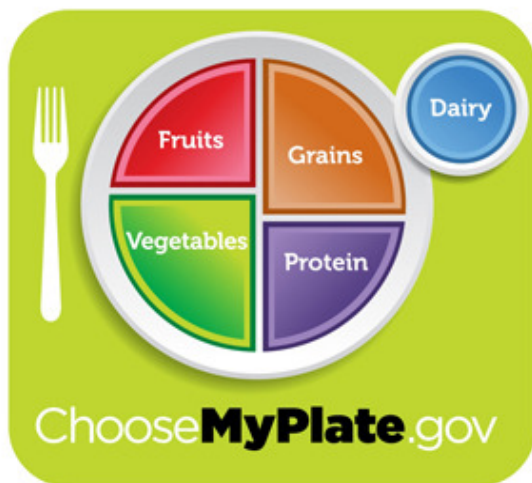
Avoid fatty foods – fried food / most fast food

Remember alcohol (beer and wine or spirits) contains a lot of calories

Avoid fashionable diets or fads

See a dietician if you find this helpful

<http://www.choosemyplate.gov/>



Regular exercise

Keep mobile – walk as much as you can

If you are very sore get into a pool and WALK in the water.

The water supports your weight so it does not hurt as much.

Do this at least 3 times a week for 45 minutes each time.

This increases your metabolic rate and helps you burn up the extra weight

Be disciplined

Losing weight is a gradual process over many months

Set yourself a realistic goal.

Work out your ideal body weight. (IBW)

First calculate your height in metres (eg. 5 foot 10 = 1.75m)

Multiply your height by itself (1.75 x 1.75 and then by 25) This will give you your ideal body weight in kG.

Try and lose one third of your excess weight as a starter.

(Actual weight – ideal body weight) divided by 3. This will give you your starting loss target.

100kg – 75kg divided by 3 = 8kg starting loss target.