



Look after yourself: managing weight

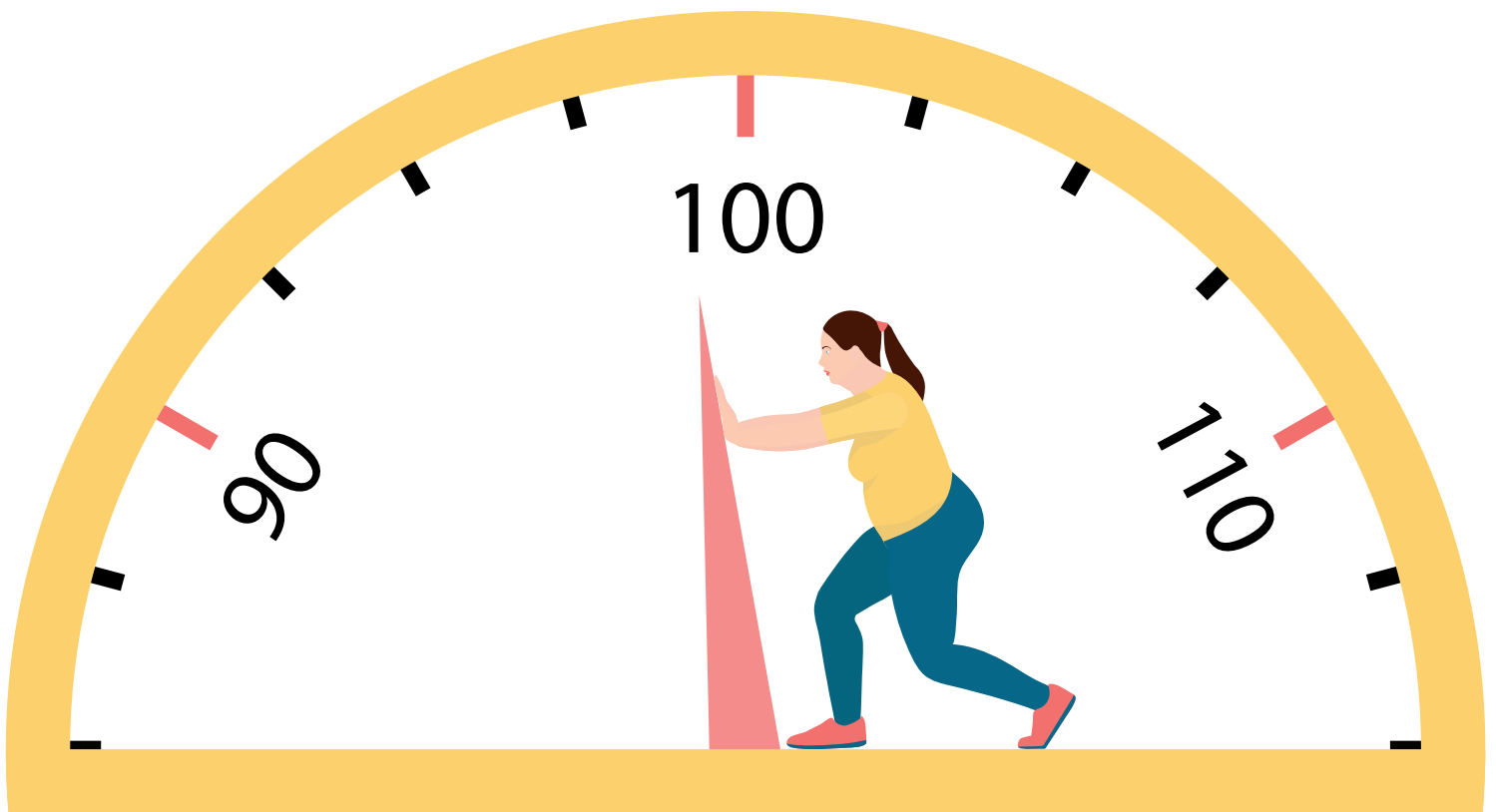


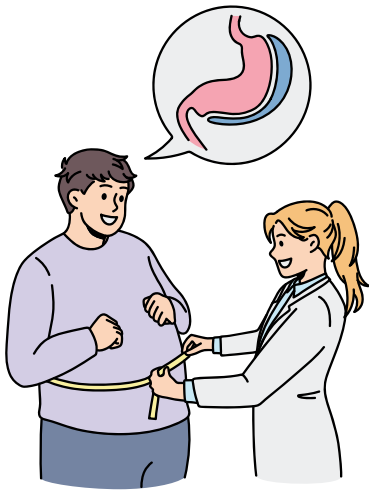
Table of contents

What being overweight means	_____	4
What being overweight may cause	_____	5
Other problems you might have if you are overweight	___	6
Why it is important to know what your weight is	_____	7
How you will feel better when you lose some weight	___	9
Who can help you	_____	10

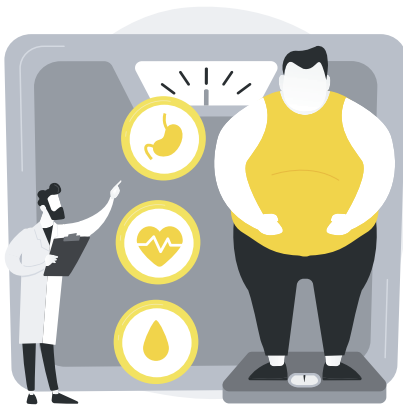
This is easy read document is for people who want help to lose weight.

- It will help you understand how being overweight impacts your health.
- It will tell you how important knowing your weight is.
- It will tell you how losing weight can help your feel better.
- It will tell you who can help you lose some weight.

What being overweight means



Being overweight means you have too much fat around your body.

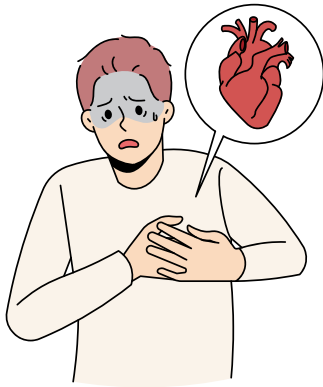


Being overweight can cause problems with your health.



Losing even small amounts of weight can help you feel better and live longer.

Being overweight may cause:



- heart problems



- diabetes



- difficulty moving



- breathing problems

Other problems you might have if you are overweight:



- getting clothes to fit you



- not being able to do activities you like

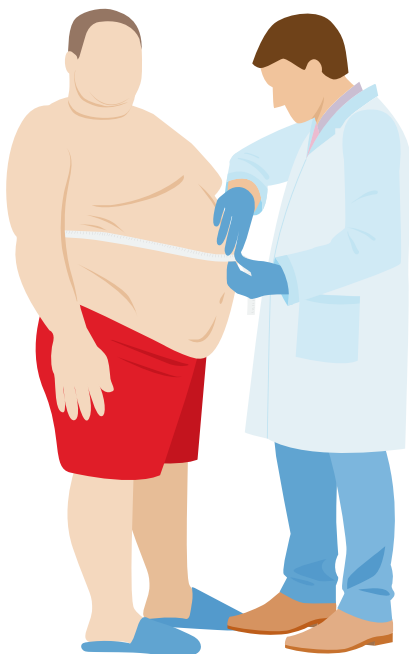


- feeling sad

It is important to know what your weight is



You can weigh yourself on scales at home or go into a chemist's and use their scales.



You can ask the chemist, doctor or nurse what is a good weight for you.

They will measure your height, your waist and weigh you.

This will help them work out a good weight for you.



If you are told you are overweight you need to decide if you want to lose weight.



Losing weight means you will need to change some of the foods you eat and have smaller portions of food.

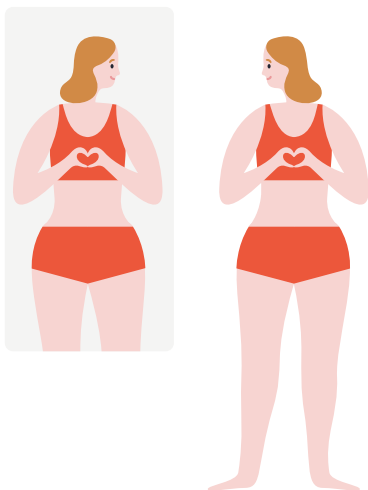


Taking more exercise and being more active will help you lose more weight.

How you will feel better when you start to lose some weight:



- Being healthier



- Looking good



- Having fun

It is hard to lose weight, here's who can help you:



If you need help, you can talk to LiveWell Dorset.

Your doctor, nurse or a carer or friend can help you do this.

Telephone: 0800 840 1628

<https://my.livewelldorset.co.uk/register>



You can talk to a LiveWell advisor – a person trained to help other people become healthier.



They will give you some tips and tools to manage your weight with healthy eating and exercise.



Joining a club -

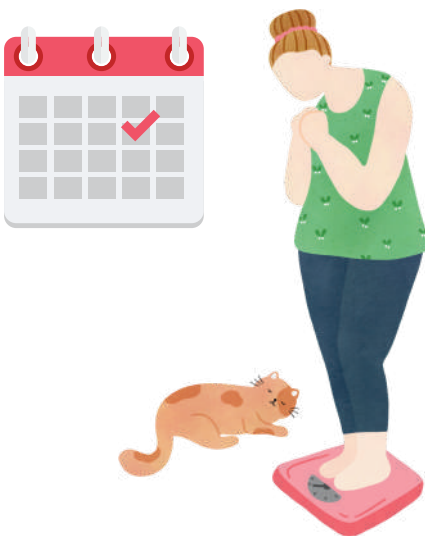
Sometimes people join a club to help them lose weight.

You might be able to get some free vouchers from LiveWell to join one of these clubs.



You can also get free coaching –

This includes weekly phone calls from LiveWell to find out how you are getting on and make sure you are OK.



Check your weight regularly -

It's good to weigh yourself once a month.

You will find out if you have lost some weight.

If you have, well done. Keep trying to lose a bit more weight next month!

Manage weight
and lead a happier,
healthier life

This Easy Read information has been
produced by LiveWell Dorset.

Thanks and appreciation to staff and
members of Muntsey's, Portland, for their
support and advice.



LiveWellDorset