

Action Plan – Healthy Weight

Lifescrpts



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Advice for Healthy Living

Action Plan Healthy Weight





My action plan for healthy weight

My name:

Date of birth:

Male / Female:..... **Weight:**.....

Height:.....

Waist measurement:.....

BMI:.....

(Healthy Waist Measurement = less than 94cm for men and 80cm for women)

Try to reduce your body weight by 5%-10% of your current weight
(eg. If you weigh 100kg now, try for 90-95kg)

I will try to:

- Eat smaller servings: try using a smaller plate
- Eat less food that has a lot of fat, sugar or salt in it (eg. sausages, pies, biscuits, cakes, lollies and chips)
- Have regular meals
- Eat only when I am hungry, not when I am bored
- Eat less when I am watching TV
- Go outside and do some physical activity at least 3 times a week
- Do minutes of walking every day

My healthcare provider has also given me:

- An action plan for being more active
- An action plan for healthy eating

Referral

To help me achieve and maintain a healthy weight I have been referred to:

.....

.....

I would like you to come back to see how you are going inweeks.

Healthcare Provider's Signature:

Date:



General guidelines

Losing weight will help you feel healthier

- Being overweight or obese increases your risk of developing high blood pressure and high blood fats (cholesterol)
- Having high blood pressure and high blood fats (cholesterol) can lead to heart disease, stroke, type 2 diabetes and joint problems

Healthy weight tips

- Many things make you put on weight. The way to lose weight is to eat properly and move more
- The way to keeping a healthy weight is to eat healthier foods and move more
- Even small changes each week make a difference

Think about what you eat and drink

- Have smaller servings
- Limit your alcohol intake
- Eat wholegrain, wholemeal or high-fibre bread
- Drink more water
- Eat plenty of fruit and vegetables
- One serve of fruit is equivalent to a medium banana, orange or apple
- One serve of vegetables is equivalent to half a cup of cooked vegetables or one cup of salad vegetables
- Drink milk and eat cheese that is low in fat
- Limit takeaways

Being more active

- Try to do 30 minutes of physical activity each day. You don't have to do it all at once, you can do 10 minutes at a time for a total of 30 minutes for the day
- Don't worry if you are interrupted when you try to do some physical activity – just try again later
- If you live somewhere you can do traditional-hunting, give it a go – hand spearing, fishing and diving are great ways to enjoy the water or go hunting for kangaroo or other bush animals
- Go for a walk with someone in your family or ask a friend and help them get healthier too