

# A Healthy Weight Guide

## The Importance of Being A Healthy Weight

Watching your weight and staying within a healthy range that is right for you brings huge benefits such as:

- feeling more confident and motivated
- having more energy and finding it easier to be active
- having a stronger immune system



Some of the health risks of being overweight or obese may include:

- higher risk of severe illness from COVID-19 virus
- coronary heart disease
- major cause of cancer
- type 2 diabetes

## Risk of Type 2 Diabetes

If you are overweight or obese, your risk of developing type 2 diabetes increases. To check your risk, visit **Diabetes UK** online at: <https://riskscore.diabetes.org.uk/start> - you'll need an accurate measurement of your height, weight and waist.

If your score says you're at high risk of developing type 2 you can join the **Healthier You: NHS Diabetes Prevention Programme** (currently online and over the phone). You do not need to contact your GP first.

The programme provides tools and advice about how to eat well, move more and lower your overall risk. Find out more at: <https://preventing-diabetes.co.uk/>

## How to Reach and Keep a Healthy Weight

Reaching and maintaining a healthy weight involves making healthy lifestyle changes with realistic goals, some of which may include:

- eating regular meals – having 3 meals a day



- not eating directly out of the food packet – take the amount you'd like to eat out



- moving more – aiming for at least 150 mins a week or just over 20 mins a day. However you move, it all counts.



- drinking more water – aim for 1.5 to 2 litres a day. Note that fizzy drinks are often high in sugar and calories so should be avoided.

## Did you know...

When we are stressed or upset, our brains often crave high fat and sugar foods. We may even over-eat to relieve boredom or to reward ourselves.

Think about what triggers your snacking or extra meals. Alternatively, find ways to cope with stress which don't involve food, such as a gentle walk, listening to music or practising yoga.

# Support to Help You be a Healthy Weight

## Local Support

**The Stockport Triage, Assessment & Referral Team (START)** can offer advice and support to help you make changes to your weight and activity levels.

Visit online at:

<https://www.healthystockport.co.uk/about>. Get in touch by completing the online form, by calling **0161 474 3141** or email **START@stockport.gov.uk**

**A Better Life (ABL)** Stockport offer a free adult weight management service. Group sessions and one to one support is also available.

Visit online at:

<https://www.ablhealth.co.uk/stockport/what-do-we-do-in-stockport/>. Get in touch by calling **0161 870 6492** or email [admin@ablhealth.co.uk](mailto:admin@ablhealth.co.uk)

**MoreLife** provides free adult weight management services for those who have a BMI over 35. Please ask your GP about a referral to this programme if you think you are eligible. Find out more at:

<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/greater-manchester/>

## Exercise Referral

**Physical Activity Referral in Stockport (PARiS)**, delivered by **lifeLEISURE** can help people with chronic medical conditions become and stay more physically active.

To check eligibility and find out more about available offers, visit:

<https://www.lifeleisure.net/health-wellbeing/exercise-referral/>

If you would like to self-refer please contact **0161 482 0900 (Option 7)** or email: **gpreferral@lifeleisure.net**



## Online resources

**The Healthy Stockport Website** has lots of information on support and resources to help you make changes to your weight and moving more, as well as information about local services.

<https://www.healthystockport.co.uk/topic/healthy-weight>

**The NHS Better Health Website** has a wide range of tools, support and discount offers to help with healthier eating habits, moving more and losing weight.

<https://www.nhs.uk/better-health/>

**The NHS Live well healthy weight pages** provide a range of healthy weight and weight loss advice and information for adults and children of all ages.

<https://www.nhs.uk/live-well/healthy-weight/>

The **Greater Manchester Diabetes My Way website** is designed to support you if you're living with diabetes or at risk of diabetes. It includes information, videos, leaflets and e-learning courses to help you in managing your condition.

<https://diabetesmyway.nhs.uk/>



**Healthy**  
STOCKPORT  
[www.healthystockport.co.uk](http://www.healthystockport.co.uk)