Weight loss planning and monitoring

Leeds Community Healthcare NHS Trust

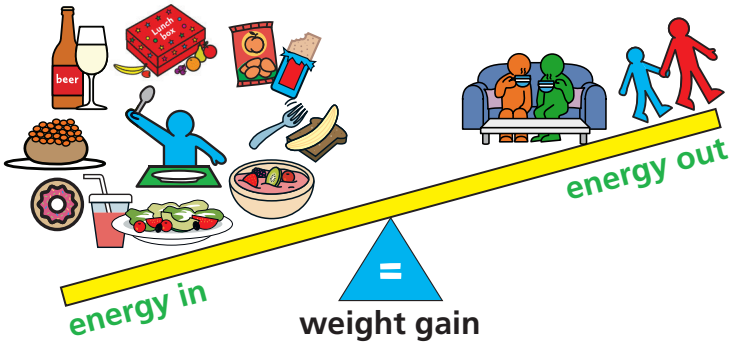
Why long-term change is important

What determines my body weight?

There is a pre-set weight at which your body will work best. This does not always fit into the healthy BMI range that many health professionals talk about.

This is the weight your body naturally returns to after short term under or over eating or exercising.

If your weight has been increasing for a long time, your body may forget what your natural pre-set weight is, and keep returning to your increased weight. This can make it hard to lose weight and keep it off.



How can I change my weight?

The longer you have been a certain weight, the more difficult it is to 're-set' your body to its natural weight. The good news is it can still be done!

It requires a lot of will power and effort. Usually you must remain at your new weight for 6–12 months before your body agrees that it is your natural weight.

Being able to stay on track and keep motivated in the long term is really important in your journey to success.

Top tips!

- Create a sensible long term goal, e.g. between 5 and 10% weight loss in 6 months
- Weigh yourself weekly or fortnightly
- Track your weight changes by making a graph, use an app or simply write down your weight in the table opposite
- Write down your weight loss plan, make it specific and put it up somewhere you can see, e.g. on the fridge
- Recognise and celebrate positive changes made!

How are your new healthy changes going?

A healthy change you are achieving

What is going well? e.g. getting up 5 minutes earlier is no problem and I can manage it everyday

A healthy change you are finding difficult
e.g. doing everyday activity

What is holding you back?
e.g. I have fallen out of the habit

Date	Weight	Goal