

## **Week 2**

You've made it to Week 2 – well done! Becoming more aware of where calories are in your meal may be challenging, but stick with it; it gets easier.

From this week, we'd like you to start increasing your activity levels to help support your weight loss.

We've got tips to help you do this gradually but if you want a bit of structure, why not try a gentle jog around your local park or a beginners workout at your nearest gym.

- Get active – try to get 150 minutes of physical activity every week from now on. If you've not done much for a while, aim to increase your activity levels gradually over the next few weeks
- Plan when and where you are going to exercise and write it down
- Stick to your daily calorie intake – 1,400kcal for women and 1,900kcal for men

An unexpected benefit of taking on something new like physical activity is increased self-confidence and improved self-esteem.

Tackling something and achieving success in one area can produce a real mental boost, which can transfer into other aspects of life.

### **Your actions for Week 2**

#### **Losing weight - getting started**

Dust off those trainers

Evidence shows that people who combine regular physical activity with calorie-counting are more successful at losing weight and keeping it off. But not all of us are naturally sporty. In fact, some of us may not have done any meaningful exercise since school. This makes starting again quite daunting and it can be hard to know where to begin.

You can start small by finding ways to fit more activity into your daily life and build up from there.

Try getting off the bus one stop early and walking the rest of the way or taking the stairs instead of the lift.

But as well as being generally more active, you could start setting aside a few days during the week for more structured exercise.

Your target is at least 150 minutes of moderate activity each week.

Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're exercising at a moderate level is if you can still talk but you can't sing the words to a song.

Brisk walking, bike rides or swimming are great examples, but if these don't appeal and you need something more structured, you could try one of the exercise plans available on NHS Choices. These are free and can be done at home or in the local park. Get these and lots more exercise tips at [nhs.uk/fitness](https://www.nhs.uk/fitness).

Before you start, plan. Think about whether you need new trainers, where and on which days you're going to exercise, and when in the day you can fit it in. A little preparation can mean the difference between getting going and making excuses not to bother.

Whatever you choose make sure it's something you enjoy, or it may be hard to find the motivation to do it regularly.

You may feel a little bit hungrier as you step up your activity levels or start a new exercise regime.

That's normal. You're burning more calories, so your body needs to replace the energy spent during exercise.

But be careful how you refuel. A post exercise snack high in calories could actually see you putting on weight instead of losing it. Instead, choose foods that are lower in calories but still filling, such as fruit, low-fat yoghurt or reduced-fat hummus with brown pita.

## **Week 2**

Walk more with a pedometer

Pedometers, which you can buy or download as a smartphone app, are a fun way to keep track of your walking and help you increase your activity levels gradually. The pedometer will measure every step you take: around the house, at work, out and about, on the school run or to the park. Use the pedometer to work out your average daily steps and then start adding extra steps.

### **Getting started**

Things people choose when they start to become more active: • walking • cycling • gardening • swimming • dancing • playing a sport, such as badminton, football or bowls • stretching exercise, e.g. yoga • going to the gym

If you have a medical condition, please seek medical advice before beginning physical activity.

### **Twelve easy ways to build activity into your day to raise your physical activity levels and burn more calories.**

1. Get off the couch and move!
2. Walk. Walking is one of the easiest and most effective ways of increasing your activity. Find a walking pal or join a walking group.
3. Take the stairs walk up and down stairs and escalators instead of taking the lift, or get off the lift a few floors early and use the stairs.
4. Take up running set yourself a goal of running 5 Kilometres in 9 weeks.
5. Exercise in your local park Download our Strength and Flex podcast series and get fit in five weeks.
6. Active travel Cycle or walk part, if not all, of your journey to work.
7. Get off public transport a stop before your destination and walk the rest of the way.
8. Ditch the car. If you need to drive to work, try to park further away from your destination and walk the rest of the way.
9. Exercise at work. Exercise before or after work or during your lunch break. Your workplace may have a gym or you may have access to a swimming pool or squash courts.
10. Family fun. Be active with the family. Take your children to the swimming pool or play in the garden or park.

11. Green fingers. Gardening can provide a good workout. You could also add a social element by getting an allotment.

12. Try the NHS Couch to 5K challenge @ [nhs.uk/Couchto5k](https://www.nhs.uk/Couchto5k)

### **Calorie counter**

Calories in common foods:

Apple: 53kcal

Orange: 62kcal

Banana: 105kcal

Six carrot sticks: 35kcal

2tbsp of hummus: 55kcal

Buttered brown toast: 115kcal

Cup of tea with semi-skimmed milk: 13kcal

Mug of coffee with semi-skimmed milk: 20kcal

Look up the calories of more foods and drinks on our calorie counter at [nhs.uk/calorie-count](https://www.nhs.uk/calorie-count)

### **Healthier cooking**

Frying adds fat to your meals. Try these healthier alternatives:

Grilling: Grilling is a quick and healthier way of cooking as it doesn't use any fat.

Poaching: Poaching is a fat-free way of cooking eggs, some meats and fish, using a pan of boiling water.

Steaming: Steaming is a fat-free way of cooking veg and fish

Boiling: Boiling doesn't require any oil and therefore adds no calories to food.