

Weigh in Wellbeing Support



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002204

We are in this together | Just do the best that you can do

Food, Mood and Activity Diary

A helpful first step to making lifestyle changes can be to keep a diary. This diary can help us to understand more about why we do what we do and highlight achievable changes that we can make.

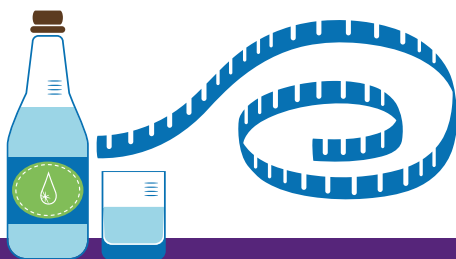
This diary could include:

- What you eat and drink and when
- How you felt before eating e.g. bored, tired
- How hungry you are on a scale of 1-10 (10 being physically hungry and 1 not hungry at all)
- What you were doing around the time of eating
- Any physical activity measured in your preferred method e.g. steps, minutes, distance

Balanced Diet Check List

We need a variety of nutrients to function properly. No single food can provide all of them.

- Try to eat plenty of fruit and vegetables. At least 5 a day is good but 10 is better!
- Include wholegrain carbohydrates rice, pasta and bread in your diet.
- Include milk and dairy foods or alternatives if lactose intolerant.
- Include protein sources i.e. meat, fish, eggs and beans.
- Aim to drink 2 litres of water daily. Ideally maximum 2 cups from caffeinated drinks.



Be Activity

Physical activity guidelines for adults aged 19 to 64 suggest adults should do some type of physical activity every day. Exercise just once or twice a week can reduce the risk of heart disease or stroke.

Speak to your GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Adults should aim to:

- Do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- Spread exercise evenly over 4 to 5 days a week, or every day
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity

You can also achieve your weekly activity target with:

- Several short sessions of very vigorous intensity activity
- A mix of moderate, vigorous and very vigorous intensity activity

Recommended weight loss

The rate of recommended weight loss for those with a BMI over 25 is 1-2lb (0.4kg-0.8kg) per week

Setting a 5-10% weight loss target over a 12 week time frame can be a helpful place to start when setting a goal.

Your Food, Mood and Activity Diary

Keep track of your food and water intake alongside your mood and the intensity of your hunger. Use this to reflect on your week and identify patterns that you may want to tweak.

HUNGER SCALE

1	2	3	4	5	6	7	8	9	10
Physically Faint	Ravenous	Fairly hungry	Slightly hungry	Neutral	Pleasantly satisfied	Full	Stuffed	Bloated	Nauseas

Date:		HUNGER SCALE before eating	Mood	Activity
Breakfast Time:				
Snack Time:				
Lunch Time:				
Snack Time:				
Dinner Time:				
Snack Time:				
Water and fluid intake				

Find out what you are made of!



The body mass analyser provides a number of readings and below is a short explanation of each reading. It is worth noting that these readings can fluctuate depending on a number of factors including the amount of water you have consumed. The analyser gives only approximate measure for each reading.

1. Body Fat Percentage and Body Fat Mass

Body Fat Percentage is the proportion of fat to the total body weight. Body Fat Mass is the actual weight of fat in your body.

Body Fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. Yet, too much fat can damage your health. Reducing excess levels of body fat has been shown to reduce the risk of certain conditions such as high blood pressure, heart disease, type 2 diabetes and cancer. Too little body fat may lead to irregular periods in women and infertility.

You should check your body fat results against the healthy body fat ranges shown at the bottom of your printout.



2. Visceral Fat Rating

Visceral fat is located deep in the abdominal area surrounding and protecting the vital organs.

Ensuring you have a low level of visceral fat reduces the risk of certain conditions such as heart disease, high blood pressure and type 2 diabetes.

Rating from 1 to 12: Indicates you have a healthy level of visceral fat. Monitor regularly to ensure your rating stays within this range.

Rating from 13 to 59: Indicates you have an excess level of visceral fat. Consider making changes in your lifestyle possibly through diet changes and/or increasing exercise.

3. Muscle Mass

The predicted weight of muscle in your body.

Muscle mass includes the skeletal muscles, smooth muscles such as cardiac and digestive muscles and the water contained in these muscles. Muscles act as an engine in consuming energy.

As your muscle mass increases, the rate at which you burn energy (calories) increases which accelerates your basal metabolic rate (BMR) and helps you reduce excess body fat levels and lose weight in a healthy way.

If you are exercising hard your muscle mass will increase and may increase your total body weight too. That's why it's important to monitor your measurements regularly to see the impact of your training programme on your muscle mass.



Find out what you are made of!

4. Total Body Water (TBW)

Total Body Water is the total amount of fluid in the body expressed as a percentage of total weight.

Being well hydrated will help concentration levels, sports performance and general well-being.

Drinking 2 litres of fluid a day will ensure good hydration levels.

The average TBW% ranges for a healthy person are:
Female 45 to 60% Male 50 to 65%

5. Bone Mass

The predicted weight of bone mineral in your body.

While your bone mass is unlikely to undergo noticeable changes in the short term, it's important to maintain healthy bones by having a balanced diet rich in calcium and by doing plenty of weight-bearing exercise.

You should track your bone mass over time and look for any long term changes.

6. Basal Metabolic Rate (BMR)

Basal Metabolic Rate is the daily minimum number of calories your body needs when at total rest.

Increasing muscle mass will speed up your metabolic rate. A person with a high BMR can burn more calories at rest than a person with a low BMR.

Check how efficient your body is at burning calories in the Indicator section of your print out:

- = low burn – your body is slow at burning calories

0 = average burn – your body is efficient at burning calories

+ = high burn – your body is highly efficient at burning calories

7. Metabolic Age

Compares your BMR to an average for your age group.

This is calculated by comparing your basal metabolic rate (BMR) to the BMR average of your chronological age group. If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which in turn will improve your metabolic age. Stay on track by monitoring regularly.

8. Body Mass Index

A standardised ratio of weight to height used as a general indicator of health.

Body Mass Index is a standardised ratio of weight to height, and is used as a general indicator of health. Your BMI can be calculated by dividing your weight (in kilograms) by the square of your height (in meters)

<18.5 = Under Weight

$18.5 - 24.9$ = Normal Weight

$25-29.9$ = Overweight

$30 >$ = Obese

BMI is a good general indicator for population studies but has limitations when used for individual analysis particularly in younger or older adults and athletes.

Resources and support

Weight Loss Support

If you are looking to lose weight visit

Lose weight – Better Health – NHS (www.nhs.uk)



Free structured weight management support is available in each local authority area. These are available for you to refer yourself to providing you fit the criteria (usually a BMI over 30 or 25:

Nottinghamshire Your Health Your Way



Nottingham City
12 Weeks FREE at Slimming World for Eligible Nottingham City Residents



Derbyshire **Losing weight – Live Life Better Derbyshire**



Lincolnshire **One You Lincolnshire**



Eating Disorder support

Eating Disorders include anorexia, bulimia and binge eating disorder. Not everyone with an eating disorder will be underweight. You can reach out for support via your GP and or Call 0808 801 0677 **Helplines – Beat (beateatingdisorders.org.uk)**



Financial Wellbeing

- MoneyHelper offer support to help you manage your finances at home, which offers a dedicated free NHS staff telephone support line.
- 0800 448 0826 (Monday to Friday, 8am to 6pm)
- WhatsApp +44 07701 342 744

For more **Financial Wellbeing Resources and Staff benefits**



Questions and Feedback

E-mail the Wellbeing Team on **sfh-tr.wellbeing@nhs.net**



To access the service, simply call
03303 800658*
*Please call from a landline or mobile phone

Supporting staff's mental health and wellbeing with our dedicated Employee Assistance Programme

Visit vivup.co.uk

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VIVUP

Sherwood Forest Hospitals (sfh-tr.nhs.uk)



Notes



**For questions about the
content of this leaflet or
further Wellbeing support**

e-mail:
sfh-tr.wellbeing@nhs.net



Look out for each other | It's ok not to be ok