

- 21 minutes of aerobics = a small pack of raisins (123 calories)
- 45 minutes running on treadmill at 7mph = one blueberry muffin (420 calories)

So it really is much simpler to avoid those calories in the first place.

But remember that regular exercise is a really important way of maintaining overall good health so find a way of building it into your every-day life.

Please ask your GP or practice nurse for advice on what support is available to help you lose weight.

Good luck

Please visit our website at:
www.chellssurgery.co.uk

Chells Surgery

265 CHELLS WAY
 STEVENAGE
 HERTS
 SG2 0HN

TELEPHONE: 01438 313001
 EMERGENCIES/GENERAL
 ENQUIRIES/TEST RESULTS

APPTS: 01438 727273
 FAX: 01438 362322

WEBSITE: www.chellssurgery.co.uk



Weight loss	
Dr A Osindero	(Male) Senior Partner MB BS MRCP DRCOG
Dr J Evans	(Male) MB BS DCH DRCOG
Dr R Hall	(Male) MB ChB DRCOG DCH DFFP MRCP MBA
Dr S Irvine	(Female) MB ChB MRCP DRCOG
Dr S Coxall	(Female) MB ChB
Dr I Knight	(Male) MB BS MRCP BSc
Dr D Fernando	(Female) MB BS MRCP DFRH
Dr S Low	(Female) MBBS BSc MRCP

Top tips for weight loss

Here are some things that will help you to lose weight:

Join a group – those who join a group lose more weight and stick at it for longer than those who try to do it alone.

Write down everything you eat. Research shows that keeping a food diary can double weight loss.

Count calories or use a recognised alternative such as points etc used by slimming groups.

Eat breakfast, lunch and dinner.

Don't eat between meals unless planned as part of your daily calorie counting or points as above.

Drink more water. Fluids can fill you up between meals.

Eat 5 portions of fruit and veg a day (400g in total). Potatoes don't count. Have a higher proportion of green veg and salad than starchy veg.

Change from white bread to wholegrain.

Choose reduced fat versions of foods such as dairy products, spreads and salad dressings where you can. Use them sparingly as some can still be high in fat.

Look at the labels. Check the fat and sugar content on food labels when shopping and preparing food.

Focus on your food. Slow down. Don't eat on the go or while watching TV. Eat at a table if possible.

Swap drinks that are high in calories for drinks that are lower in fat and sugars. Swap a sugary fizzy drink for a sparkling water with a slice of lemon. Alcohol is high in calories, so cutting down will help you to control your weight.

Get weighed every week by someone else – either in a group or by a health professional, friend or colleague.

The list below shows that you have to do an awful lot of exercise to burn off a few calories:

- 10 minutes on exercise bike = low-fat fruit yoghurt (55 calories)
- 14 minutes lifting weights = one cappuccino (108 calories)
- 16 minutes on indoor rower = a Kit Kat (106 calories)