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37 is the dangerous number for our waists! Increases the risk of heart disease, diabetes and cancer!

SO ...time to look at reducing our waists with a healthy diet and exercise!



Food is fuel—you wouldn't put the wrong fuel in your car, your body should be no different.

Getting the correct fuel for your body will help you perform at your best.

If you feel you need to make changes but don't know where to start try keeping a food diary for a few days to become more aware of your eating habits. Apps such as my fitness pal are good for tracking both your food and water but also calorie intake.

You can download the NHS Weight Loss Plan which is a **free** 12-week diet and exercise plan.



The plan, which has been downloaded more than 4 million times, is designed to help you lose weight safely – and keep it off.



Losing weight
Getting started - Week 1



150 is the number of minutes we should be aiming to exercise a week. For those of us with busy schedules the thought of trying to fit this into our routine is difficult—but not impossible.

Walk to the shop at lunch time to pick up that sandwich or salad.

There are so many different ways to get the minutes in and not hit the gym— try Running, Yoga, Pilates or Swimming.

If it has been a while since you have dusted off the running shoes there are great apps such as couch to 5K to help you get started.

Don't forget about the company's cycle to work scheme if you are considering cycling!

