

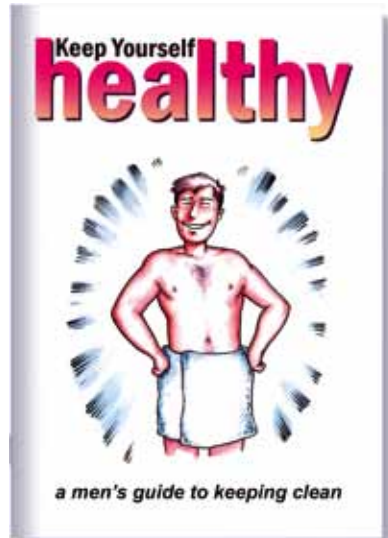
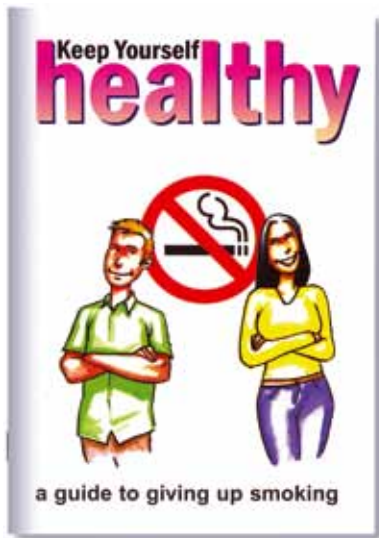
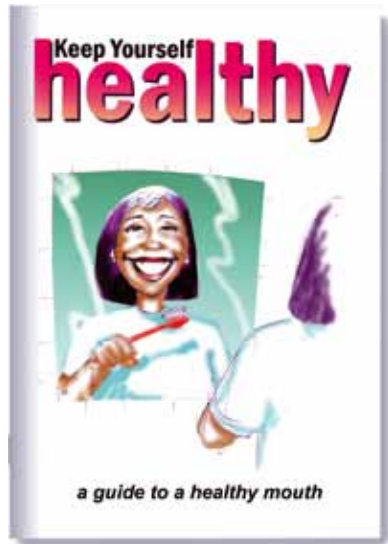
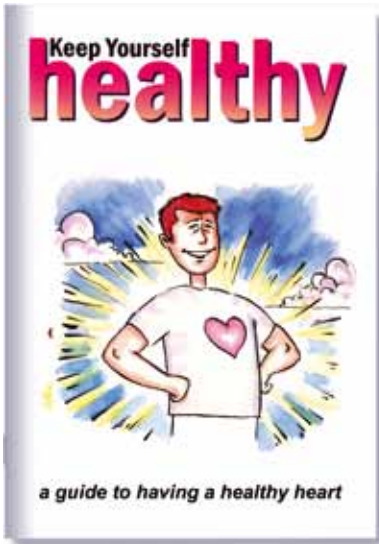
Keep Yourself healthy

Eating well and staying fit



1: Being overweight

Look out for our other booklets!



You can find details of these and our other booklets
at www.fairadvice.org.uk

This booklet will tell you about being overweight and why it's good to lose weight.

Being overweight means you have too much fat around your body which can give you problems with your health.



Losing even small amounts of weight can help you feel better and live longer.

Being overweight may cause:



heart problems



diabetes



problems getting around



breathing problems

Other problems you might have if you are overweight:



keeping clean



getting clothes to fit you



not being able to do activities you like



feeling sad

It is important to know what your weight is.

You can weigh yourself on scales at home or go into a chemist's and use their scales.



You can ask the chemist, doctor or nurse what is a good weight for you. They will measure your height, weigh you and maybe measure your waist. This will help them work out a good weight for you.

If you are told you are overweight you need to decide if you want to lose weight. Losing weight means you will need to change some of the foods you eat and have smaller portions of food.



Taking more exercise and being more active will help you lose more weight.

You will feel better when you start to lose some weight.



Being healthier



Having fun



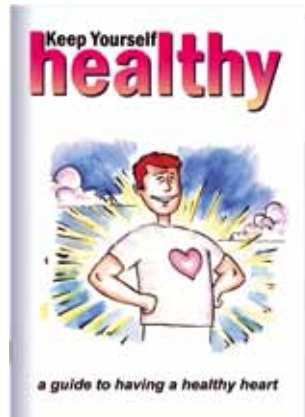
Looking good

It is hard to lose weight.

If you need help, ask the doctor, nurse, carer or friend. Sometimes people join a club to help them lose weight.



Here are some other booklets that might help you to lose weight and be healthy.



Check your weight regularly

It's good to weigh yourself once a month. You will find out if you have lost some weight.



Well done! Keep trying to lose a bit more weight next month!

FAIR in association with Community Nurses
for People with Learning Disabilities,
NHS Lothian.

For further copies contact FAIR Multimedia
Phone: 0131 662 1962
Email: multimedia@fairadvice.org.uk
Website: www.fairadvice.org.uk

Published by NHS Health Scotland
Design: FAIR Multimedia
Illustration: Paul Mudie

© Fair Multimedia and NHS Health Scotland, 2010

ISBN: 978-1-84485-481-3

NHS Health Scotland is a WHO Collaborating Centre
for Health Promotion and Public Health Development.

