

Overweight



This is when someone carries too much weight or 'fat' on their body.



Your doctor or nurse will tell you if you are overweight.



Being overweight is bad for your health.

If you don't lose weight and look after your health, you won't live as long.

Overweight problems



High blood pressure.
This can lead to heart attack and stroke.



Finding it hard to breathe.



Back pain and joint pain.



Problems moving about (mobility).



Sweating.



Finding it hard to sleep and feeling tired all of the time.



Depression (feeling sad and worried).

How to lose weight



Eat a balanced diet.



Eat at least five portions of fruit and vegetables every day.



Eat less of foods that contain saturated (bad) fat like burgers and chips.



Cut down on sugary snacks and drinks.



Eat smaller meals.



Drink plenty of water.



Exercise regularly.



A doctor or nurse can help you lose weight.



A dietitian can help you lose weight.
(A dietitian is an expert on food and diet)



You can also visit a weight loss club.
This is where other overweight people go to lose weight.

easyhealth.org.uk

This leaflet was made by the Easyhealth team
at Generate Opportunities Ltd.

The logo for NHS Choices, featuring the letters 'NHS' in a blue box and the word 'choices' in orange.

Easyhealth was given permission by NHS Choices to use their health information.



The '**Quality Checking Group**' at Generate checked that the information is easy to understand.

This is a group of advisors with learning disabilities.



This information was medically checked by Toni Jenkins, Clinical Nurse Specialist, London.

The logo for Wandsworth Council, featuring a blue silhouette of a bridge and the text 'THE BRIGHTER BOROUGH' above it and 'Wandsworth' below it.

This leaflet was funded by:
Public Health, Wandsworth Council.
Made in March 2013.