

SHAPE-UP

A LIFESTYLE PROGRAMME FOR WEIGHT MANAGEMENT



Report for xxxxxxxx@aol.com - 2/1/2003

2 About Your Weight

You have told us that you want to lose weight. To do this, you will need to make more healthy changes both to what you eat and how physically active you are. But more than that, it would be helpful for you to avoid further weight gain. Most adults in the UK gain around 1-2lbs (about 1 kg) a year. If you succeed in developing a healthier way of living, you should be able to prevent weight gain in the future and also lose some weight now.

Your ideal weight?

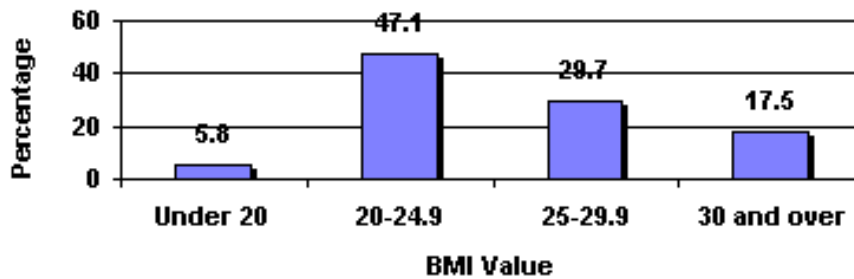
In the past, you might have been given an 'ideal weight' to aim for. Nowadays, experts prefer to recommend a healthy *range* of weight for your height. They are also paying more attention to what people can realistically achieve. Why? Because for many people it's just not realistic to aim for an ideal weight. In aiming for something we can't achieve, we are bound to be disappointed and we might give up altogether. On the other hand, working towards a more realistic weight doesn't stop you from being fit and healthy. People can have a range of body sizes and shapes and have good health. Also, by aiming for a more achievable weight through changing your eating and physical activity habits, you can avoid a self-defeating pattern and its frustrations, and you are likely to enjoy better health.

Your weight

People who are overweight in childhood may find it more difficult to keep their weight down in adulthood.

According to your questionnaire answers, your current weight is 98 kgs, which you feel is very overweight. To estimate the effect of a person's weight on their health, health professionals use a measure called Body Mass Index, or BMI. It is used to determine if a person's weight is outside the healthy range for their height. The following ranges of BMI are used to categorise people's BMI.

Under 20**20 - 24.9****25 - 29.9****30 and over****Underweight****Desirable Weight****Overweight****Very overweight**

Body Mass Index for Adult Women in England aged 35-44

4 About your eating

You say that you have been dieting to lose weight for a few weeks. So this part of your Personalised Report will probably reflect how things are for you when you are on a diet.

How your eating compares with the recommendations

The **Shape-Up Programme** questionnaire asked you some questions about the kinds of food you eat. With the information you gave us, we have estimated how much fat, fibre and fruit and vegetables you have and how your intake compares with the recommendations. The results are shown below. Research shows that virtually everyone has a tendency to underestimate the amount of fatty and sugary foods they eat so your daily fat intake is more likely to be higher than we have shown here.

	Your daily intake	How your intake compares with recommendations	Recommended daily intake (what people in the UK should eat)	National average daily intake (what most people in the UK eat)
Fibre (non-starch polysaccharides)	12g or less	Much lower than the recommendation for fibre	18g	12g
Fat	> 122g (over 40% of energy from fat)	Well above the recommended level for fat	No more than 35% of energy from fat	40% of energy from fat
Polyunsaturated fat (PUFA)	4-8% of energy from PUFA	Within the recommendations	6-10%	6-10%
Fruit and vegetables	2-4 servings a day	Below the recommended intake of fruit and vegetables	5 servings or more a day	2-3 servings or more a day

4.2 About your eating (part 2)

Your eating tendencies

Despite good intentions, many people have problems in controlling their weight. There are some common stumbling blocks. For example, some people do not eat regularly or they eat for all sorts of reasons other than hunger. Of course we all have occasional indulgences and eat when we don't feel hungry. But if you are always tempted to overeat just because food is there, or because you are feeling low or in need of a treat, then it is important to try and do something about it.

Pattern of eating

People who have a regular eating pattern tend to have lower cholesterol, better blood glucose control and lower weight. A regular eating pattern can also help control overeating. So this is an important part of weight control and a starting point of any healthy eating plan for those who do not eat regularly at present.

There is a degree of regularity to your eating pattern. For example, you say you have lunch and dinner every day. On the other hand you sometimes skip breakfast. We recommend that you concentrate on making your eating pattern more regular before you make any big changes to what you eat and how much.

Restrained eating

There is so much food around these days that nearly everyone has to watch what they eat to some extent which we call 'restrained eating'. You may have wondered why it seems so easy for some people to say no to food. Maybe they have been careful about what they eat for some time and it has become a habit for them to turn down food. Other people may find it hard to turn down food but tolerate the restriction in the interest of not putting more weight on, knowing that they will feel deprived only for a short while.

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