

The BOS fat chat



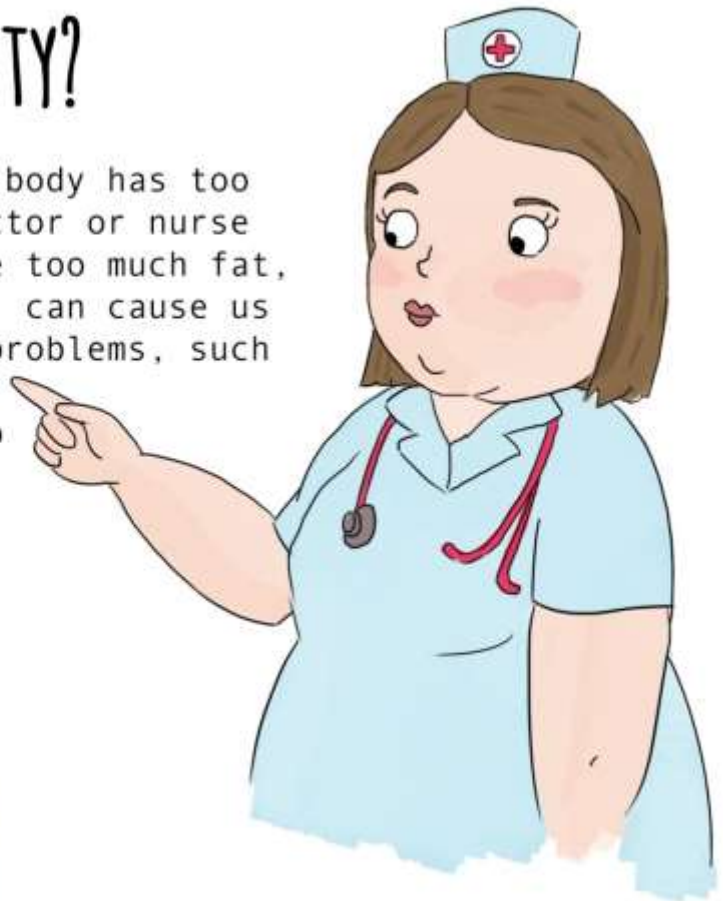
BRITISH OBESITY SOCIETY



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WHAT IS OBESITY?

Obesity is a state where our body has too much fat. The reason your doctor or nurse might measure this is because too much fat, especially around our middle, can cause us to develop long term health problems, such as heart disease, type 2 diabetes, some cancers, sleep apnoea, gall bladder disease and many more.



HOW DO I KNOW IF MY WAIST IS TOO BIG?

Your waist should be half of your height or less, so if you are 5'4" (64 inches) your waist should be no larger than 33 inches. Or if you are 6 foot tall (72 inches) your waist should be no larger than 36 inches.

HOW DO WE MEASURE OBESITY?

We measure obesity by measuring our body mass. You might hear people use the term body mass index (BMI) to explain someone's level of obesity. To work out your body mass index simply go on line and find a body mass index calculator or ask your GP or Nurse to work it out for you.

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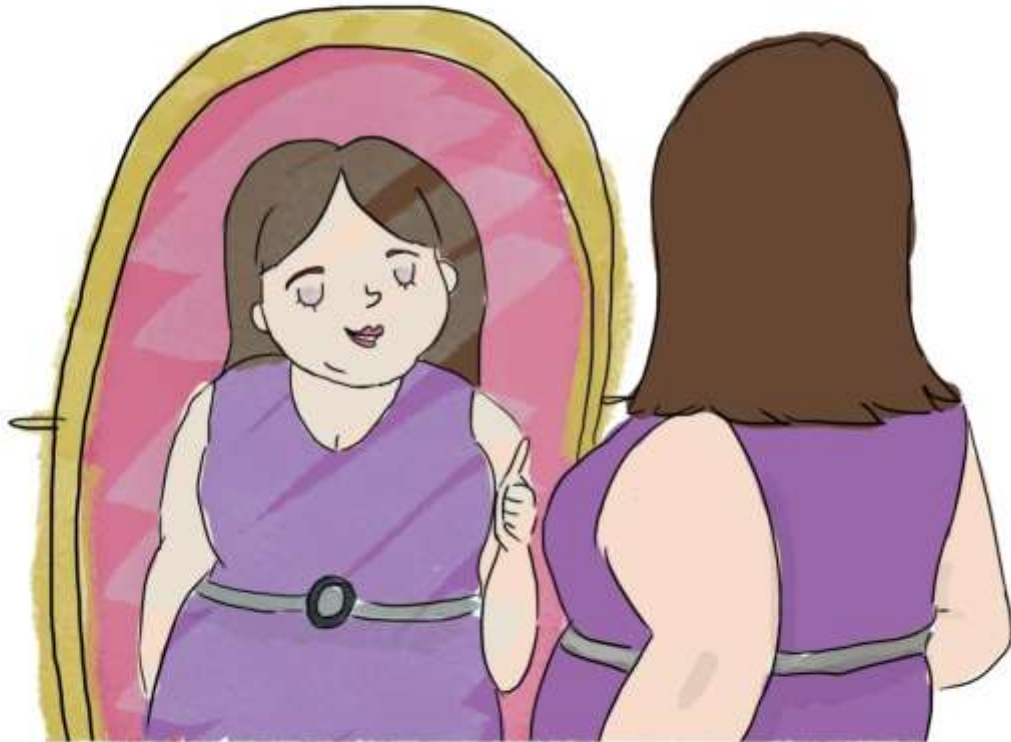
TRY STICKING TO A
ROUTINE; ALWAYS TRY TO
HAVE YOUR MEALS AT THE
SAME TIME EACH DAY IF
POSSIBLE.

TO WORK OUT YOUR BMI:

- Divide your weight in kilograms (kg) by your height in metres (m)
- Then divide the answer by your height again to get your BMI

WHY DOES IT MATTER HOW FAT I AM, WHEN I LIKE THE WAY I LOOK?

It really is nothing to do with how you look it's what affect it has on your health. If you are carrying excessive fat around your middle you are much more likely to develop a range of obesity related diseases.



HOW MANY CALORIES IN 1LB OF FAT?

1lb of fat is about the size of an average fist. It is made up of 3500 calories. If you were to have 500 calories a day more than your body needs for a whole week you will put on 1lb of fat. Alternatively if you eat 500 calories a day less than your body needs you will probably lose 1lb of fat.

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IS EXERCISE GOOD FOR WEIGHT LOSS?

Firstly exercise is brilliant for your health in many ways, especially if you have a health issue such as type 2 diabetes, high cholesterol or high blood pressure. It's also great for your mental health as it releases endorphins that make you feel good. However, exercise alone, without changing eating habits, is unlikely to lead to weight loss, but it's great for keeping your weight stable.



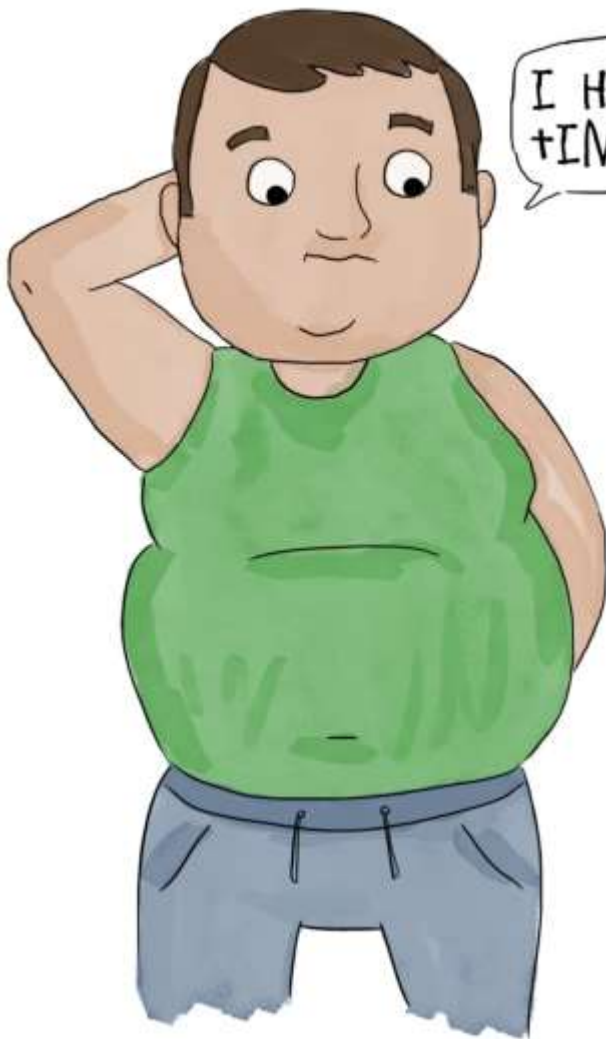
I'VE TRIED EVERYTHING, NOTHING WORKS!

This probably isn't true, you just haven't found the eating plan that suits you and your life style. It's extremely hard to change our habits and we all get into a rut about what we eat and what we buy. The question you need to ask yourself is, 'Do you really want to change?' Do you want to become fitter, healthier and slimmer? If you do, then there is only one person that can do something about this, and that is YOU.

WHAT IS THE DIFFERENCE BETWEEN FAT AND OBESE?

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There is no difference but many people understand, and prefer, the word fat to being called obese.



I HAVE NO TIME...

MAKE PHYSICAL ACTIVITY A BIGGER PART OF YOUR DAY.

I DON'T HAVE TIME TO GO TO THE GYM

Exercise isn't about going to a gym or running miles every day, it's about becoming more active. This can include walking to the local shops, parking further away from your destination, cleaning the house, doing the gardening and running up and down your stairs at home. Keeping fit does not cost anything but your time and energy.

DOES WATCHING TV MAKE YOU FAT?

It's interesting to note that; the more TV people watch, the less active they become and the more they tend to eat. So why not switch off the TV and go for a walk in the evening, even if it's just for half an hour.

TRY NOT TO FOCUS ON WHAT YOU CAN'T EAT, BUT WHAT YOU CAN!

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I LOVE TO DRINK, DO I HAVE TO GIVE IT UP?

It's really about moderation, and it's not just alcoholic drinks you need to think about. Fizzy drinks, cappuccinos, lattes and fruit juices all have calories in them. If you're thirsty try and drink water and limit the other drinks as a treat.

DRINK PLENTY OF
WATER, WE OFTEN
MISTAKE THIRST
FOR HUNGER!



HOW MANY CALORIES DO I NEED?

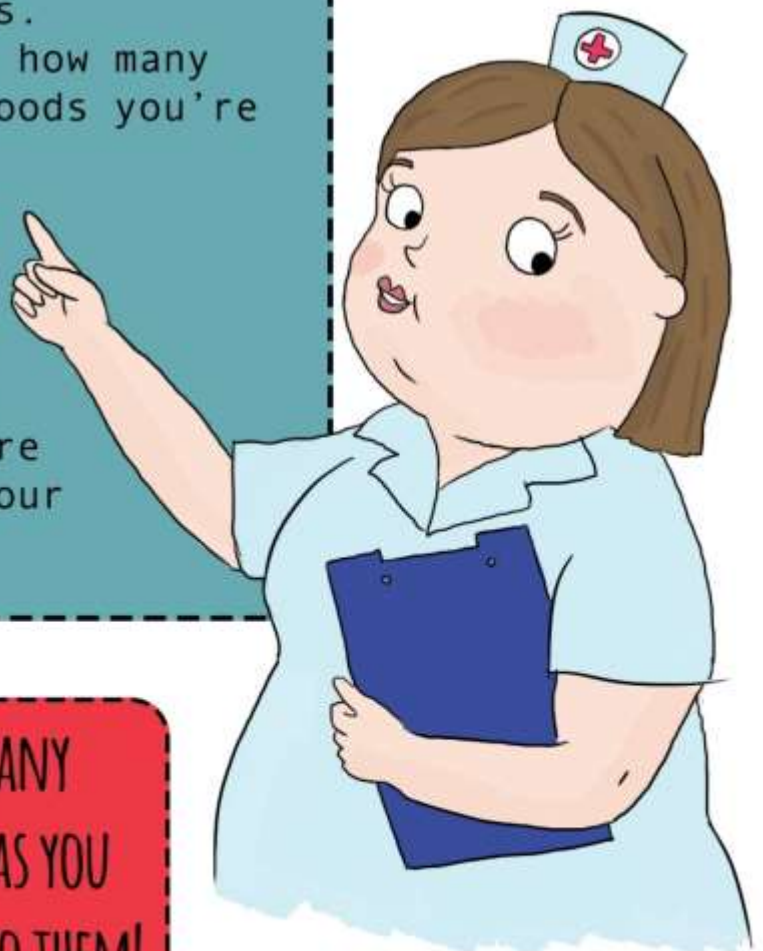
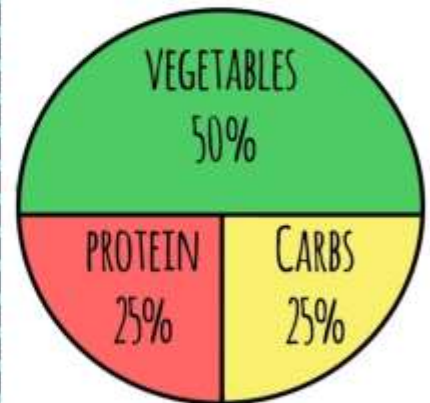
Every one is different and although the government guidelines state men can have 2500 a day and women 2000, in most cases this is too many. Ask your doctor or nurse to work out how many calories you need. This is called a Basal Metabolic Rate and works out your calorie requirements based on your age, sex, weight and physical activity. You can also find this information online.

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TOP TIPS

- Reduce your portion sizes in not just what you eat, but what you drink too.
- Try to stop eating when you are full.
- Eat regular small meals; this will make you less likely to snack or eat the wrong foods.
- Weigh yourself regularly, don't avoid the scales when you know you have gained weight - this won't make your weight go away!
- Avoid processed foods.
- Become more aware of how many calories are in the foods you're consuming.
- Plan your meals.
- Get the whole family involved in cooking.
- Try to sit down when you are eating and be mindful of what you are actually putting in your mouth.

PORTION CONTROL



DON'T MAKE TOO MANY CHANGES ALL AT ONCE AS YOU ARE UNLIKELY TO STICK TO THEM!

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We'd love to hear from you, whether you want to find out more information about our campaigns or would like to get involved.

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