



BIG FAT PROBLEM

A GUIDE TO EATING WELL, GETTING FIT AND LIVING LONGER

BBC Wales



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

BIG FAT PROBLEM

www.bbc.co.uk/bigfatproblem

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FIT FOR LIFE

It's official...

over half the population of Wales is overweight or obese.

It's a serious problem and it's getting worse.

Are you overweight? Tried every slimming diet going? Can't do anything about your weight however hard you try?

If you are one of these people, you might be at risk of becoming **obese**.

You need to take action right **now**.

THE SICK LIST

If you're obese, you're at risk of developing:

- Heart disease
- Type 2 diabetes
- Cancer (some types)
- Osteoarthritis
- High blood pressure
- Breathlessness
- Gallstones
- Lower back pain

A GRIM STATISTIC

Obesity can shave a massive nine years off your life



YOU CAN DO IT

This booklet has been carefully designed to make sure you still eat well while losing weight. Combined with a more active lifestyle, you'll soon shed that extra weight and you'll feel and look great.

To help you achieve your weight loss in the easiest way possible, there are all sorts of practical hints and tips on:

- shopping
- eating out
- choosing a takeaway
- swapping foods
- understanding labels
- how to get active
- choosing the right activities
- keeping motivated
- setting targets

The good news is that you don't have to become an Olympic athlete or cut out any of the food you like. Just change the way you cook, the amount you eat and choose similar but lower fat and lower sugar varieties and get more active .

THIS IS NOT ABOUT DIETING - IT'S A LIFESTYLE CHANGE.

SIZE MATTERS

Here's the low-down - you become overweight when you eat more than your body needs.

This causes the weight to pile on **gradually**. Too much weight can seriously damage your health and it can be hard to shift those extra pounds.

But there's a simple solution - just make **small but permanent changes** to your lifestyle by **combining** eating sensibly with regular activity.

In order to lose weight or inches you need to reduce the amount of energy you get from food and be active for **at least 30 minutes 5 times a week**.

Recommended weight loss target = **0.5kg-1kg (1-2lbs) each week**

The only healthy way to lose weight:

- Reduce the number of calories you get from food
- Get more active
- **Combine both**

8 GUIDELINES FOR A HEALTHY DIET

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often
- If you drink alcohol, drink sensibly and limit the amount

BALANCING ACT

So let's start with eating.

No single food can provide all of the nutrients that you need, so it's important to eat a **wide variety** of foods. The UK's food guide, known as the Balance of Good Health shown in the plate model below, shows you how to put together the pieces for a **balanced diet**.

A healthy diet is based on starchy foods (such as bread and potatoes) with plenty of fruit and vegetables, and includes small amounts of milk and dairy products, meat, fish or meat/milk alternatives such as soya, and **limited amounts** of foods containing fat or sugar.

Every day, try to include foods from each section in the plate model to get the right balance of food in your diet.

Fruit and vegetables

Meat, fish and alternatives

Foods containing fat and sugar

Milk and dairy foods



Don't forget to drink about **1 to 2 litres (about 2-4 pints) of fluids a day**. Try **tap water, diet drinks, milk, juice and hot drinks - they all count, but alcohol doesn't**.

Remember to drink plenty of water before and after exercising.

FRUIT AND VEGETABLES

Most of us don't eat enough of these foods, so **EAT MORE!** Aim for at least **5 portions of fruit and veg every day.**

You can include **fresh, frozen, dried and canned fruit and vegetables** to make up your 5 portions. 100% ('pure') fruit or vegetable juice and fruit smoothies can count only as one portion, regardless of how much you drink. And beans and pulses (e.g. red kidney beans, butter beans, chickpeas and lentils) also only count as one portion, no matter how many different types you eat.

WHAT IS A PORTION?

A portion is approximately 80g (about 3oz) – roughly equivalent to:

- 1 medium apple, banana or orange
- 2-3 heaped tablespoons of cooked or raw vegetables (e.g. green beans, cabbage, sweetcorn, chick peas, carrots, spinach)
- 1 cereal bowl of salad
- 1 tablespoon of raisins or other dried fruit
- 1/2 a grapefruit or avocado
- 2 plums or other small fruit (e.g. satsumas, kiwi fruit, tomatoes)
- 1 teacup of strawberries, raspberries or other soft fruit
- 1 glass unsweetened fruit juice



HOW TO GET YOUR 5 A DAY

- 1 Have a glass of unsweetened fruit juice with breakfast
- 2 Put plenty of tomato and cucumber in a sandwich
- 3 Add extra vegetables to a casserole or stew
- 4 Try a handful of dried fruit for a snack
- 5 Choose extra vegetables, instead of extra cheese, for a pizza topping

DID YOU KNOW?

Potatoes are included in the starchy food group, along with other starchy vegetables like plantain, cassava and yam, so they **don't count towards your 5 a day.**

STARCHY SUCCESS STORIES

- Eat wholegrain and wholemeal varieties as well as white choices for extra fibre
- Avoid adding too much fat (e.g. butter) or frying these foods

BREADS, OTHER CEREALS AND POTATOES

A healthy balanced diet should be based on the foods in this group so aim to include some at each meal.

Foods in this group are often called starchy carbohydrates, and include breads, potatoes, breakfast cereals, pasta, rice, oats, noodles and yams.

Some people think that starchy foods are particularly fattening. This isn't true! These foods make you feel fuller when you eat well. The only time they become fattening is when they're fried, eaten with fat (like margarine or butter), cream or sauces.

WHAT IS A PORTION?

- 1 medium slice of bread
- 1 small bread roll
- 2-3 rice cakes, crackers or crispbreads
- 2 heaped tablespoons of cooked rice
- 3 heaped tablespoons of cooked pasta
- 1 medium baked potato, 2 egg-sized boiled potatoes or 1 scoop of mash
- 1 small bowl breakfast cereal or porridge



MILK AND DAIRY FOODS

Aim to eat moderate amounts of foods from this group.

Foods in this segment of your diet include milk, cheese, yogurt, fromage frais and soya alternatives – but make sure soya versions are **calcium fortified**. Choose reduced-fat, low-fat or semi-skimmed versions wherever you can – they taste just as good.

WHAT IS A PORTION?

A portion is:

- 175g (1/3 pint) of semi-skimmed milk
- 1125g (4.5 oz) pot of yogurt or fromage frais
- 1 pot soya yogurt-style dessert
- 1 small pot cottage cheese
- 28g (1oz) full fat hard cheese
- 1 matchbox-sized piece Edam or other reduced fat cheese
- 1 heaped tablespoon reduced fat soft cheese



QUICK AND EASY DAIRY FAT SAVERS

- Replace a glass of whole (full cream) milk with a glass of semi-skimmed milk – save 4.6g fat
- Use 28g (1oz) strong cheddar cheese in a sandwich instead of 56g (2oz) mild cheese – save 9.8g fat
- Have a low-fat fruit yogurt instead of a thick and creamy yogurt – save 2.4 g fat

....it all adds up!

DID YOU KNOW?

Skimmed and semi-skimmed milk contains a little more calcium than full cream milk.

MEATY MOVEMENTS

- Choose lean or lower fat meat
- Cut off any visible fat
- Drain off excess fat when cooking
- Take the skin off poultry
- Look for alternatives to frying – bake, grill or dry roast, without adding fat (lard or oil)

DID YOU KNOW?

Everyone is advised to eat 2 portions of fish a week, including one portion of oily fish (e.g. salmon, sardines, mackerel) – **do you?**

MEAT, FISH AND ALTERNATIVES

The foods in this group should be eaten in moderate amounts. Choose lower fat versions wherever you can.

The foods in this group include meat and meat products (such as bacon, ham, sausages and burgers), poultry, fish, eggs and alternatives (such as nuts, tofu, textured vegetable protein (TVP), beans and pulses).



WHAT IS A PORTION?

A portion is:

- 2-3 thin slices of lean meat, chicken or turkey
- 2-3 thin slices of ham
- 1 small chop (pork or lamb)
- 1/2 small tin of oily fish
- 1 small fillet of fish
- 2 fish fingers
- 1 large egg
- 1 small can of baked beans, chick peas or butter beans (3-4 tablespoons)
- 2 tablespoons of nuts
- 100g (4oz) of Tofu or TVP

FOODS CONTAINING FAT AND SUGAR

The foods in this group are either high in fat or high in sugar (or both) and should only be eaten occasionally in small quantities.

This includes: butter, other spreading fats and low-fat spreads, cooking oils, mayonnaise, cream, fried foods (including fried chips), crisps, chocolate, biscuits, pastries and pies, cakes,

ice-cream, rich sauces and gravy, sweets, jam, sugar and soft-drinks (but not diet or sugar-free drinks).

Where possible, look for low-fat and sugar-free versions instead - there is plenty of choice around.

SHOULD I CUT OUT ALL FATS?

No! A small amount of fat is needed for good health, but we all need to be careful about the amounts we eat - especially the amount of saturates. These are found in cakes, biscuits and pastries, as well as in animal products, such as lard and butter. Check the labels on foods.

TIPS FOR THE EATING PLAN

- **Snack attack** - sandwiches, baked potatoes or toasties will go further if you add extra salad, vegetables, pickles or salsa.
- **Lots of veg** - eat **lots** of vegetables with meals and as snacks.
- **Feeling fruity** - try a different fruit every time. The ones on the eating plan give some ideas, but why not go with what you fancy?
- **Essential planning** - plan ahead and always make time to enjoy your food.

DON'T DO BREAKFAST?

Breakfast is important.

If you don't fancy eating when you first get up, then eat it a little later. Why not take a packed breakfast to work?

7-DAY EATING PLAN - A ROUGH GUIDE

Our eating plan is a flexible **rough guide** to give you an idea of the kind of meals you can enjoy, along with tasty snacks. As long as you aim to have **breakfast, one light meal and one main meal, you can pick and choose from the guide.**

Try to use this guide to make sure that your diet is **varied**, and where possible fill up on vegetables or salad at mealtimes to help you to make up **at least 5 portions of fruit and veg every day.**

You can do this online. Click on www.bbc.co.uk/bigfatproblem and have a go.

You can use 150ml (1/4 pint of milk) (skimmed or semi-skimmed) for tea and coffee, and either 1 teaspoon of butter or margarine or 3 teaspoons of low-fat spread every day.



	BREAKFAST IDEAS	LIGHT MEAL IDEAS	MAIN MEAL IDEAS	SNACK IDEAS
Day 1	Wholegrain cereal (e.g. bran flakes) with 190ml (1/3 pint) of semi-skimmed milk. Glass of pure orange juice.	Small portion of baked beans on a slice of wholemeal toast.	Bolognese sauce (add an extra can of chopped tomatoes), wholewheat spaghetti, green salad (use fresh lemon for a dressing). Canned peaches (in juice) with low-fat plain yogurt.	Fun size chocolate bar. 2 plums.
Day 2	Porridge made with semi-skimmed milk (add raisins). Glass of fruit juice.	Ham salad sandwich. Fresh peach (or other fruit).	2 grilled fish fingers, mashed potato (add milk instead of butter), large portion of green beans and sweetcorn. Sugar-free jelly and fruit cocktail canned in juice.	Mini pack of dried raisins. 2 plain biscuits.
Day 3	Toasted multigrain bagel with low fat soft cheese. Fruit smoothie.	Tinned sardines in tomato sauce on wholemeal toast. Slice of jam swiss roll.	Cottage pie (use extra lean beef, and add lentils and canned tomatoes), large portion carrots, large portion cabbage. Pot of light rice dessert.	Small bunch of grapes. 2 water biscuits with low-fat soft cheese.
Day 4	Banana with low-fat plain yogurt. Slice of wholemeal toast with low-fat spread and 1 tsp jam.	Small grilled beefburger in a roll with lettuce and pickle. Glass of fruit juice.	Fruity chicken curry (use a small chicken breast with a handful of sultanas and some diced apple with ready-made low-fat curry sauce), brown rice, chopped tomato and onion salad. 1 pot low fat mousse.	4 dried apricots or 2 figs. Instant low-calorie chocolate drink

	BREAKFAST IDEAS	LIGHT MEAL IDEAS	MAIN MEAL IDEAS	SNACK IDEAS
Day 5	Bran flakes with sultanas or other wholewheat cereal with 190ml (1/3 pint) of semi-skimmed milk. Glass of pure grapefruit juice.	Small baked potato with baked beans. Fruit smoothie.	Small grilled lean pork or lamb chop, 3 boiled new potatoes, large portion of broccoli and cauliflower. Baked apple, stuffed with sultanas.	Small handful of salted pretzel snacks. 2 kiwi fruit
Day 6	2 toasted crumpets with low-fat spread. Glass of fruit juice.	Bowl of reduced calorie soup (dried or canned) with 2 slices of granary bread. Pot of low-fat fromage frais.	Mixed vegetable and pasta stir fry (use plenty of colourful vegetables and a tablespoon of oil). Bowl of fruit salad with low fat yogurt and a sprinkling of grated plain chocolate.	1 plain chocolate biscuit. 2 satsumas.
Day 7	Poached egg on 1 slice of granary toast, with grilled mushrooms and tomatoes.	Large wholemeal pitta bread filled with tuna and sweetcorn (in a little low-fat dressing).	Small portion of lean roast lamb and mint sauce, large portion of cabbage, large portion of carrot and swede, dry roast or boiled potatoes, small portion of gravy (use vegetable water and cornflour instead of fatty meat juices).	1 orange. 3 breadsticks and salsa dip.

EXTRA SNACKS

The eating plan doesn't include a snack at specific times – eat the different snacks suggested **only when you're hungry**.

DID YOU KNOW?

If you don't like some of the foods suggested, you can swap them for another food in the same group. So, if you don't like sardines, have another type of fish instead.

SIMPLE SWAPS

If you don't want to cut out your favourite foods, you can just swap them for healthy alternatives. Here are a few examples. There are more examples on www.bbc.co.uk/bigfatproblem.

USUAL CHOICE	SWAP	FAT SAVING	CALORIE SAVING
French fries (takeaway regular portion)	Oven chips (medium portion)	12g	127
Medium bag of crisps	Small bag of low fat baked savoury rice crackers	13g	114
Individual pot chocolate trifle	Pot of low fat mousse	18g	218
Jumbo sausage roll	Toasted bagel with low fat soft cheese	39g	41
Fried egg, bacon, sausage, mushrooms with fried bread	Scrambled egg, grilled bacon, sausage, tomato, baked beans and toast	19g	145
Cheese and tomato thin crust pizza, garlic bread and chips	Deep pan vegetable pizza, jacket potato with a little low fat spread, and side salad with low-fat dressing	33g	387

LOOK AT THE LABEL

Don't be put off by the lists of numbers and take some time to compare the foods on the shelves – you may be surprised just how much the fat content can vary.

The label to the right shows the nutritional information for a typical 200 gram can of baked beans in tomato sauce.

- TIPS
- Remember the same rules apply to convenience and ready-made meals.
 - You could add some ready-prepared mixed veg, or some frozen peas and sweetcorn out of the freezer – this will make the meal go further too!
 - If the portion's too large - why not share it?

Look at 'Carbohydrates' for sugar content. Even savoury foods can be high in sugar. Choose low sugar varieties.

If a food is labelled 'low fat' it must contain less than **3g fat per 100g** of the product.

Look out for foods with fewer saturated fats. This is the type of fat that can increase your risk of heart disease.

Sodium is a component of salt. Choose low sodium foods to lower salt intake.

A simple way of comparing which foods are the fattiest is to look at the number of grams of total fat per 100g.





EATING OUT

Lots of us enjoy takeaways or eating out at restaurants or cafés. At home, you can control what, and how much, goes on your plate. But it's a different matter when you eat out.

Larger portions, fried foods and foods that are high in fat tend to be more common on restaurant menus, but this doesn't have to be a problem. Here are a few simple guidelines.

MASTERING THE MENU

- Choose foods which are **grilled, chargrilled, poached, stir-fried or steamed**
- **Avoid nibbles and snacks** before you eat
- Ask for boiled **new potatoes** instead of chips
- Ask for a **starter-sized portion** with a side order of vegetables or salad

- Go for **tomato-based sauces** rather than creamy sauces
- Ask for salad dressings and sauces **on the side** and just **add a little**
- **Take your time** to eat and enjoy your food
Put down your knife and fork and take a drink of water between mouthfuls to slow you down. You may find that you're not hungry by dessert time!
- Go for a **coffee** instead or a fruit sorbet, or have a fruit salad if you're still hungry
- **Avoid creamy desserts** and pastries
- Go easy on the alcohol - order a jug of **tap water** too
- Choose a restaurant that you know will have **choices to suit you**

CHOOSING FROM THE MENU

Many restaurant and takeaway meals tend to be high in fat, particularly if they contain rich, creamy sauces and are high in cheese. But you can still enjoy a tasty meal without feeling guilty and piling on the pounds. Here are some suggestions.

	STARTERS	MAIN MEAL	DESSERT	AVOID
Indian	Shish kebab Tandoori chicken Salad Vegetables, e.g. spinach/saag	Boiled rice Chapatti Tandoori chicken Prawn dupiaza Meat/fish balti	When selecting a dessert after any meal, choose from the following: Sorbet Fresh or canned fruit in own juice, e.g. lychee/ mango/fruit salad Meringue & raspberries (no cream)	Pilau rice Onion bhaji Creamy dishes Coconut milk, e.g. korma
Chinese	Noodle Soup	Boiled (or steamed) rice Stir fried chicken, pork, vegetables		Fried rice Sweet & sour chicken/pork Prawn crackers
Italian	Parma ham & melon Soup Salad & vegetables (no oil)	Spaghetti Bolognese Tagliatelle Napolitana Thick crust pizza with extra vegetables (not cheese)		Extra cheese Pasta or risotto with cream-based/cheese sauces
Mexican	Crudités & salsa	Chilli (meat or vegetable) with rice Soft flour tortilla wraps Grilled meat or fish dishes		Fried foods Guacamole Sour cream
Other European	Green Salad Fresh fruit Cold meats (trim off the fat) Fish, e.g. salmon, prawns, mackerel	Lean meat or fish Boiled or steamed vegetables Boiled potatoes		Creamy sauces High fat dressings Fried food
Pub Grub	Salad with meat/fish	Jacket potato Chargrilled burger and salad (no mayo) Grilled meat/fish Chilli con carne (or vegetable chilli) & boiled rice		Chips Breaded/battered fish Pastry

ALCOHOL

Having a drink every now and again can be enjoyable and if drunk in moderation can be part of a balanced, healthy diet.

But alcohol is full of calories and can often make you feel hungrier - a few nibbles and a quick takeaway after the pub and that beer belly will never go away!

1. Stay within sensible drinking limits.
2. Choose low-calorie (or 'diet') mixers.
3. Alternate alcoholic drinks with water or soft drinks.
4. Keep away from the nibbles!



TIP

1 unit of alcohol is:

- Half a pint of ordinary strength beer (e.g. lager, bitter)
- One pub measure of spirit (vodka, gin, whisky etc.)
- A small glass of wine

If you're following the eating plan, cut right back on alcohol to roughly **one unit** every other day

SENSIBLE DRINKING LIMITS

- **Men** should drink no more than **3-4 units of alcohol per day**
- **Women** should drink no more than **2-3 units per day**
- Binge drinking and saving up all of your units for one big night out is simply not on. Try to have at least one or two alcohol-free days every week

FEEL-GOOD FACTOR - WHY IT'S GOOD TO BE ACTIVE

- You'll feel more alert in the day
- You'll sleep better at night
- You'll feel more confident
- You'll feel relaxed and happier
- You'll stay fitter as you get older
- You'll strengthen bones and muscles
- You'll lose weight and finally...

It's fun and it's free!

DID YOU KNOW?

30 minutes of physical activity a day makes up just **2%** of your day - so what are you waiting for?

GET MOVING

So how do you get more active?

Becoming active is not about competition or running marathons - it's about building activity into your life **gradually**.

The average adult should try and be physically active for at least **30 minutes 5 days a week**. But don't be put off by this - the good news is that you can do it in **smaller chunks**, e.g. 3 x 10 minute sessions or 2 x 15 minute sessions.

We all have to start somewhere and **every little bit counts**.

You know you're being active enough when...

- You're breathing faster - but not gasping
- You're sweating slightly and feeling warmer
- Your heart is beating faster - but not pounding or thumping



MAKING A HABIT OF IT

You should try and make physical activity a part of your daily routine. Don't think of it as a chore.

Getting the active habit means that you could even wash the car or give the house a thorough spring clean and still reap the benefits.

There are lots of ways of fitting activity into your life. Here are some simple swaps.

- Don't chomp through a packet of crisps in front of another repeat on TV - go for a brisk walk around the block



- Take the stairs instead of the lift at work or when you're out shopping. Always walk up and down moving escalators
- Persuade friends to join a gym class with you instead of heading straight for the pub after work
- Get out and do some gardening instead of curling up on the sofa for a mid-afternoon nap

CAN YOU DIG IT?

Gardening for 10 minutes will bring the same health benefits as low-impact aerobics

ON YER BIKE!

Actively playing with children or vigorous housework is as good for your health as an easy bike ride



SO WHAT ARE THE OTHER BENEFITS OF WALKING?

How does a flatter stomach and getting rid of those love-handles sound? Walking will give you an all over body weight loss. But you can still tone up specific areas of your body - like that flabby belly - with added activities like sit ups and press ups.

DID YOU KNOW?

If you go out to buy new trainers or walking shoes, try them on later in the day when your feet are at their biggest. Wear cotton or cotton-polyester socks to avoid blistering when out walking.

WALKING

Walking is the best way to start getting active no matter what your age. Just 10 minutes of walking every day is a wonderful way to start including activity in your daily life.

BUT HOW DO YOU KNOW IF YOU'RE WALKING ENOUGH?

The recommended number of steps that you should be walking every day is a whopping 10,000, but most people only manage around

4,000. Oops! But, it's more 'do-able' than you think - if you walk for 30 minutes on top of your day-to-day steps you'll reach your recommended goal. Aim for 2,000-3,000 steps at first - any activity is great for your health and will help you lose weight in the long run.

Get yourself a pedometer - by clipping one onto your clothes, it will monitor the number of steps you take. Pedometers are cheap and surprisingly addictive once you start using them!



CHOOSING ACTIVITIES TO SUIT YOU

Is there a club activity in your local community? It can be great fun getting fit with friends and family. You'll find that meeting up with others at a set time will motivate you more.

Lots of people feel that they're not suited to physical activity, but there's something for everyone – you'd be surprised.

NO EXCUSE

These activities will suit everyone's pocket and are easy to include in a busy day.

- Walking
- Housework
- Gardening
- Washing the car
- Shopping (walking there and carrying bags home)

JUST PLAY

All these activities can be done at leisure centres, or just by getting a group of friends together and going to a local park. What's more, it won't break the bank to do them.

- Football
- Rugby
- Tennis
- Rounders
- Netball
- Basketball
- Frisbee
- Skateboarding
- Rollerblading



DIY

Not everyone feels comfortable playing team sports, but there are plenty of other ways of keeping fit on your own. However, if you want some company, why don't you get some friends on board every now and again – you'll find the following activities ideal.

- Running
 - Swimming
 - Aerobics
 - Aqua-aerobics
 - Gym workout
 - Yoga
 - Pilates
 - Skipping
 - Circuit training
- and many, many more...

TRY SOMETHING DIFFERENT

Why not join a club and learn a new activity – you might impress your friends at the same time!

- Kick-boxing
- Climbing
- Rowing
- Sailing
- Fencing
- Lacrosse
- Volleyball
- Table-tennis
- Badminton
- Golf
- Skiing

If you can't afford a personal trainer like the rich and famous (even they need motivation!), ask a friend, colleague or member of your family to act as your activity 'buddy'.

If you experience pain or discomfort while taking physical exercise, **STOP**.

EXCUSES, EXCUSES

People use all sorts of reasons to get out of being active, but with a more positive frame of mind, you might find that your reasons for not moving are just excuses!

TIME BANDITS

There's nothing worse than being told to get active and eat healthily when you're rushing around. But you'd be amazed at how easy it is to incorporate activity into your daily routine – **10 minutes' activity three times a day** will get you to achieve your quota of 30 minutes a day. Take the stairs instead of the lift or get off the bus a stop early and walk the rest of the way.

GIMME A BREAK!

At work, when others go for their 'fag break', make a point of going for a 'health break' – eat a crunchy apple away from your desk. You'll be surprised at how much more alert you'll feel after a **walk around the block**. How about persuading one of those smokers to take a 'health break' with you?

DON'T FIT IN?

Who says you're not fit enough? As long as you can comfortably walk up a flight of stairs without getting out of breath and that basic housework and gardening don't wear you out completely, the likelihood is that you're fit enough to be doing a certain amount of physical activity. Believe it or not, **you can easily repair the damage you've caused by being inactive** – so what's your excuse now?

10 minutes +
10 minutes +
10 minutes
30 minutes physical activity

gardening
brisk walking
swimming
physical activity

20 minutes
+
10 minutes
30 minutes physical activity

play football in the park
wash the car
physical activity

OVER THE HILL?

Rubbish! **You're never too old to start exercising.** People in their 70s and 80s can even benefit from being active – in fact the older you are the greater the benefits. Plus you'll feel younger and fitter – cheaper than plastic surgery and less painful!

NOT THE SPORTY TYPE?

OK, so you weren't picked first for the football or netball teams when you were at school. But being active doesn't mean that you have to run a marathon to succeed. Dig up that dead tree in the garden, or wash the car (inside and out!). Still not feeling like the sporty type?

TOO MANY LUMPS AND BUMPS?

Then all the more reason to start getting active. You'll notice the effects of physical activity much more if you're very overweight, which will give you an enormous boost in confidence and a real sense of achievement. After just a couple of weeks' activity you could be walking pain-free. What more incentive do you need to start moving?



RAINING CATS AND DOGS!

Welsh weather isn't always conducive to doing outdoor activities like walking, cycling and field sports, but there are plenty of activities that can be done indoors. Giving the house a thorough spring clean or sorting out the loft will use up a tremendous amount of energy. Go on - grab a duster!

SHATTERED?

If you want the perfect energy boost, then get more active. The harder and faster you breathe, the more oxygen is pumped into your body and you'll become more alert and feel better. If you're guilty of turning into the classic couch-potato the minute you walk in through the door after a hard day's work, then you need to **find a strategy** to change this bad habit. Keep a gym kit or your swimming togs in the car and drive straight from work. What's more, with all that extra exercise you'll sleep like a log at night and end up feeling less tired during the day. Bingo!



15 minutes walk home
carrying shopping
+
15 minutes aqua-aerobics
30 minutes **physical activity**

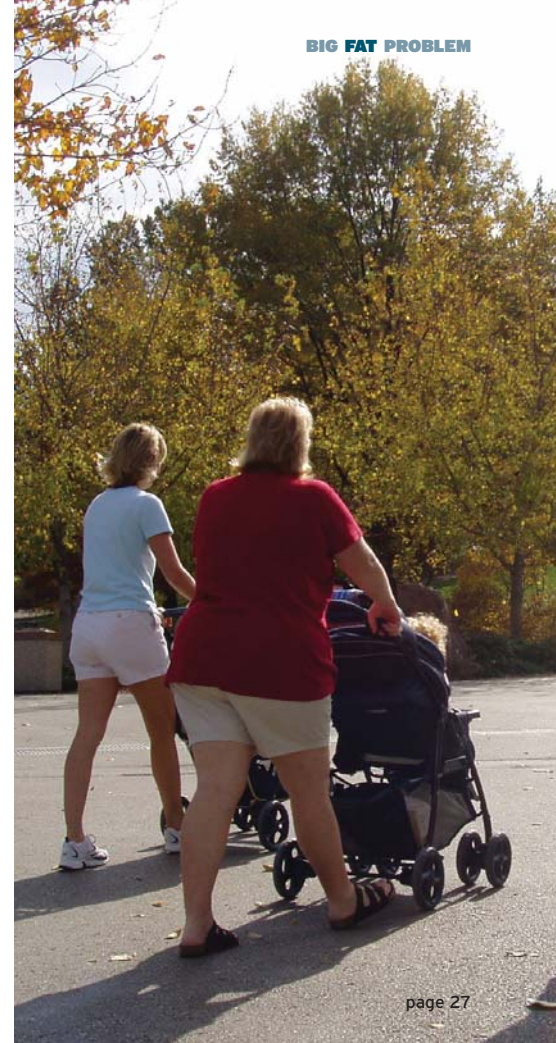
10 minutes dancing (ballroom,
clubbing, salsa)
+
10 minutes walking up and
down stairs
+
10 minutes rowing/rollerblading
30 minutes **physical activity**

STONE BROKE?

Exercise is only expensive if you join a gym miles away from your home. But you don't have to delve deep into your pockets to get active - you can do it for **FREE!** Walking costs you nothing. If you use the car a little less, you could even make a few bob by putting the money you've saved on petrol towards a special treat!

NEGLECTING THE FAMILY?

People tend to be less active at the weekend, so this is an ideal time to get the family to join in the fun! You're never too old or too young for physical activity, so **every generation can take part**. You could push a pram or a wheelchair to the shops or the park or have a get-together in the park playing frisbee, flying kites or simply having a chat as you take a brisk walk. For indoor pursuits, you could do a workout with your partner and catch up on each others' news over the treadmill.



HIT THE TARGET

OK – so you know now that a combination of eating well and being more active will beat the bulge. But how do you get started?

Set yourself lifestyle **targets** each week.

If your long-term goal is to lose 2 stone or more, this might seem very daunting. So, set yourself **mini-goals** at first.

Maybe you'd like to feel more comfortable in a tight pair of jeans or drop one notch on your belt by the end of the month. You'll find your long-term goal a lot more achievable this way.

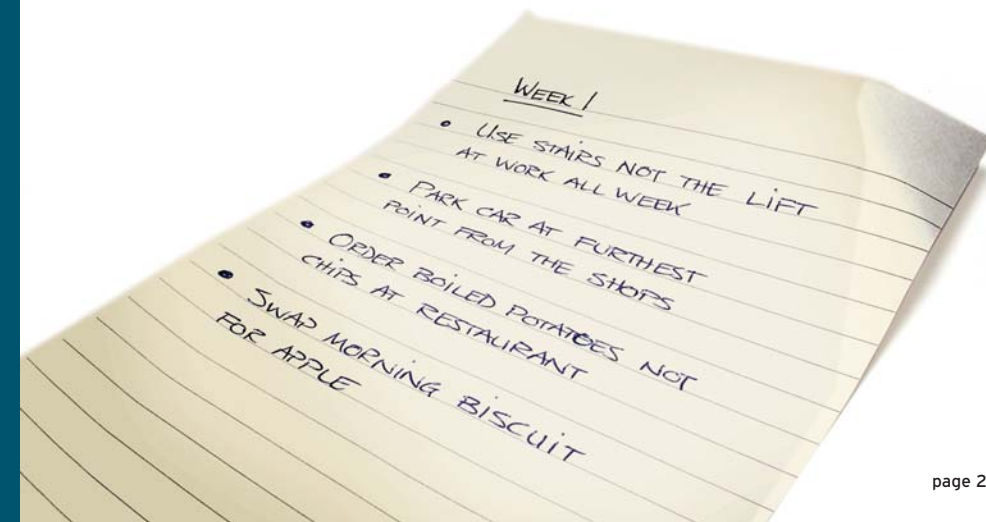
Set yourself lifestyle **targets** each week.



SETTING GOALS

Why not put your personal targets in an obvious place, like on the fridge door? You'll find a reminder to **eat 5 portions of fruit and veg a day** or **wash the car** will help you focus on the matter in hand.

But beware - if you set yourself unrealistic targets or try to reach your targets too quickly, you are much more likely to give up completely.



STAY POSITIVE

If you genuinely want to change your lifestyle **for good**, being in the right frame of mind is all important. Always be positive and remind yourself of the targets you **have** achieved during the week, not the targets you have **not** achieved.

If you're struggling to eat sensibly for a day, or haven't been as active as you'd like to be, think about what triggered this and come up with ideas of how to tackle it in the future.



TIP

Don't give up and eat a whole packet of biscuits just because you've had one too many. Put the packet back into the cupboard and get on with something else.



LIFESTYLE TIPS

The following hints and tips are a useful way to organise your new lifestyle.

You know you're worth it. Reward yourself on a regular basis whenever you achieve your targets. No, don't rush out and buy some chocolate! Why not put a few coins in a piggy bank each time you reach a target? The money you've saved might go towards a holiday fund or towards a new pair jeans for the new slimline you!

Buddy up! Friends, family and workmates can be great motivators and encourage you to keep up the good work. Let others know your targets and ask them to respect your new lifestyle. You

can always go to the later showing at the cinema if they suggest a time that would interrupt your mealtime or your activity target!

Role reversal Instead of depending solely on others to motivate YOU, why not become a motivating buddy yourself to encourage your friends, family and colleagues to change their lifestyles too? The more the merrier!

Make a date - set a particular time aside each day as your own personal activity time, or make a 'date' with yourself. It doesn't have to be the same time every day. Here's an example below.

Monday	after the news	vacuum the stairs
Tuesday	lunchtime	go for a walk
Wednesday	straight from work	kick a ball around in the park with friends/family
Thursday	early morning	walk your kids to school
Friday	anytime	get off the bus a stop early
Saturday	before going out	boogey around to your favourite CD
Sunday	anytime	go for a stroll - around town, in the countryside or along the beach

BLIPS

Sometimes we all have 'blips' in our lives which stop us from doing what we want to – we get ill, we go on holiday, we have a particularly heavy workload, and the list goes on. Obviously, these 'blips' might make it tough to keep on track.

BLIP TIPS

- **Get the habit** – you know how hard it is to break a habit once you've created one!
- **There's no time like the present** - if it's been a bad day, don't wait until tomorrow to start getting back on track.
- **Aiming high?** If you've aimed too high with your targets, think about why you want to make changes to your lifestyle and how great you will feel when you reach the next goal.



- **Boost it.** If the fat just isn't moving any more, give your metabolism a boost by adding a **15 minute burst of extra activity** every day.
- **Plan ahead** for 'post-blip' time and **reset your goals** to something more achievable in the short term. Remember that every little bit of activity counts.
- **Phone a friend** - get your friends and family on board. Maybe you need a distraction to take your mind off eating when you're not hungry. Or you might fancy some company on a brisk walk.

NEARLY THERE

GETTING IT OFF AND KEEPING IT OFF

If you've reached all of those mini-goals, you might now be at a stage where you don't need to change any more. **Congratulations!**

Whatever you do, **don't** go back to the way you were before.

If you don't need to lose any more inches or pounds, make a few small adjustments to increase your food intake. But always remember the balance.

- Keep roughly to the same balance of foods from the plate model.
- Have a couple of extra portions of starchy foods every day.
- Eat slightly larger portions of the foods from the meat, fish and alternatives group.
- Make sure you continue to eat plenty of fruit and vegetables.
- Make sure you keep feeling great about yourself.
- If your clothes are getting a little tight again, just cut down on portions.

And of course...

Stay Active!



MEASURING UP

There's no ideal weight that suits everybody - we come in all shapes and sizes. There are **2 simple ways to keep track of how well you're doing as you improve your eating and activity patterns.**

Remember to keep a record of these measurements. There's a chart at the end of this booklet that you can copy.

WEIGHING IT UP

When you weigh yourself:

- Always try to use the same scales
- Don't weigh yourself too often - once a week is fine
- Weigh yourself at the same time of day and wear the same clothes
- Check to see if your clothes are becoming looser - your shape may be changing too

MEASURE YOUR WAISTLINE

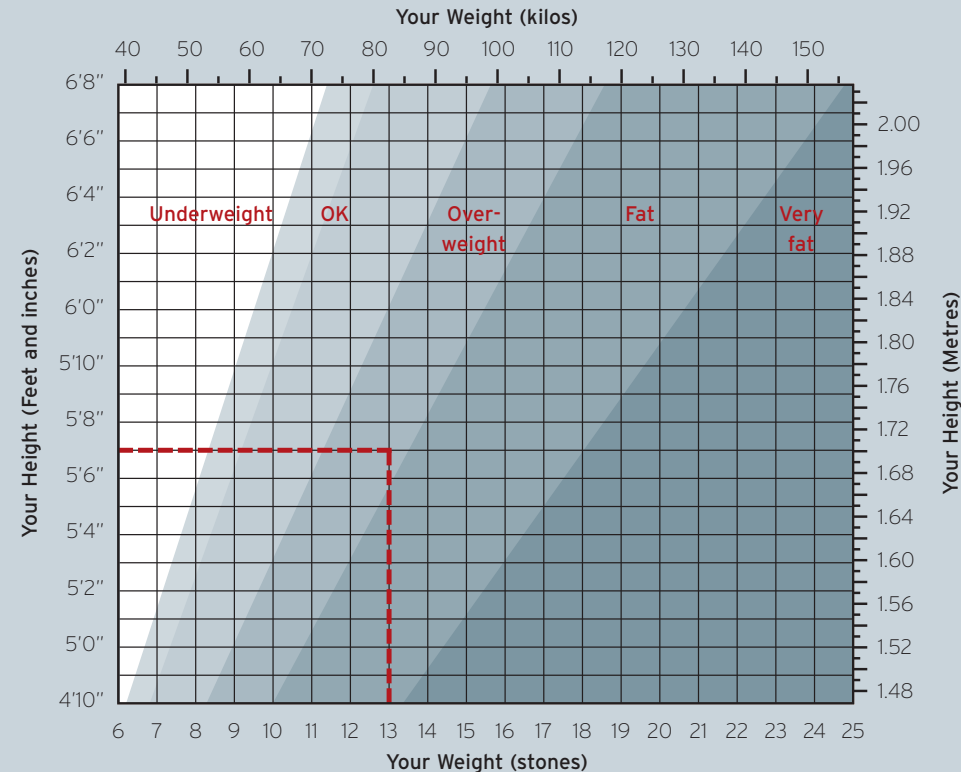
Using a tape measure, you can monitor your progress in shifting those inches around the waist. Simply measure your waist around the belly button, no more than once a week, to keep track of how you're doing.

A TIP ABOUT YOUR BMI

Body Mass Index (BMI) is a simple way of working out if you are about the right weight, under weight or over weight. It is a measurement that is related to your height. The BMI chart is not appropriate for children or for some people who are very fit and muscular (rugby players, for example) as the extra weight is more likely to be muscle than fat.

To see how you measure up go to
www.bbc.co.uk/bigfatproblem

MEN AND WOMEN



BMI chart reproduced by kind permission of the Food Standards Agency www.food.gov.uk

MONITORING YOUR WEIGHT

Here's a table for you to keep a record of how you're doing.

Other ways of seeing how your shape is changing are:

- Use an item of clothing, such as a favourite pair of jeans that are on the tight side

- Look at old photos of yourself - you might get a nice surprise when you look at the new slimline you in the mirror!

Don't panic if your weight stays the same.
Remember that if you eat healthily and keep active, it'll improve your health.

DATE	WEIGHT	WAIST SIZE

KEEP A RECORD

You can use this page to write in the things you eat and drink and how much activity you do.

Make copies of this page and keep a diary for a few days. You'll soon see where you need to make simple changes. Identify danger zones in your diet, e.g. when you're most tempted to eat fatty/sugary foods or high calories snacks.

Over time, it'll be useful to see how your lifestyle pattern has changed.

LET YOUR APPETITE BE YOUR GUIDE.

Keep a score from 1 - 10 of how hungry you feel and think about whether you're eating because of boredom or habit, rather than hunger. If you want to eat, but you're not hungry, try drinking a glass of water or making a hot drink - you may just be thirsty - or put on a CD to lift your mood. 'Surf' the urge to eat when you're not hungry - it'll pass.

DATE AND TIME	FOOD AND DRINK EATEN	AMOUNT EATEN / DRUNK	WHERE?	ACTIVITY	HOW LONG?

By making small adjustments to the way you live your life by eating sensibly and by getting the active habit, you can dramatically improve your waistline and make a tremendous contribution to reducing the **Big Fat Problem** in Wales.

But the power to change is in your hands alone – so make these changes permanent for a healthy, longer life.

If in any doubt about whether you're healthy enough to do physical activity, talk to your doctor first.

If you need further help, phone **0845 46 47**.

And you can get plenty of support from www.bbc.co.uk/bigfatproblem

- Try and keep a record of your targets and progress
- Develop routines – same time, same place
- Build up your activity levels slowly but surely
- Be patient – don't do too much all at once
- Don't ban any foods – just think about alternatives
- Never give up
- Have fun!

Big Fat Problem? What Problem?

The information in this booklet is based on the Food Standards Agency's **Balance of Good Health** recommendations.

Thanks to Dr Frankie Phillips, British Nutrition Foundation; Professor Ken Fox, University of Bristol; and Len Almond, Director of the British Heart Foundation Centre for Physical Activity and Health.

BIG FAT PROBLEM

We want to know if we've been able to help you make changes to your lifestyle. Fill out the following form and let us know what changes you've made, or drop it in to your local BBC community studio/office. Details of where to find us are on www.bbc.co.uk/bigfatproblem

Date: / / 20

Sex: Male / Female*

Number of pounds / kg* lost over weeks

Number of inches / cm* lost over weeks

When did you decide to follow the advice on the booklet? / / 20

Tell us about the lifestyle changes you've made.

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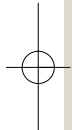
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* Delete as applicable





BIG FAT PROBLEM

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