

LOVE TO TONE IT - LOVE TO WORK IT - LOVE TO LOSE IT

MOVE IT LOSE IT

**Free for
All-Inclusive
Members!**

**Non-Members:
£50**



Get fit and in shape for the festive season!

Take the 4 Week Challenge

14th November - 9th December

- *Achieve a healthier lifestyle*
- *Feel more confident*
- *Workout in a fun and supportive environment*
- *Try new activities and make new friends*
- *Weekly weigh in (optional, it's your fitness journey)*
- *Attend an extensive range of group fitness classes for all abilities & interest*
- *Enjoy online 10 minute body blast workouts*
- *Beat the winter blues and feel amazing for the festive season*

Participants who attend three or more sessions per week during the 4 Week Challenge will be entered into a prize draw for £250 of Marks & Spencer vouchers!

The Energy Equation

0.45kg of body fat is equivalent to 3500 calories. To lose 0.45kg in weight you must reduce your calorie intake or increase your energy expenditure. A weight loss target of 0.45kg - 0.9kg a week is a safe, sensible goal.

Losing weight safely and at a realistic pace is the best way to reach your healthy weight and to maintain that weight in the long term.

Planning your meals

Planning ahead is important to help ensure you have the right foods to hand, at the right times. You should:

- use a meal planner for the week ahead
- make a shopping list and don't go shopping when hungry
- bulk cook meals and freeze portions
- try using a slow cooker

Keeping active

Keeping active has many benefits to your health and wellbeing and, when part of a healthy diet, can be an effective way to lose weight.

It's recommended that all adults should try to be active every day and should complete at least 150 minutes of moderate aerobic exercise per week - this could include many different activities such as cycling, walking or even heavy housework where your breathing is increased but you are still able to talk.

Alternatively, you could complete 75 minutes of vigorous aerobic exercise, which could include activities such as running or a game of football where your breathing is fast and you are finding it difficult to talk during activity. You could split this up into manageable workouts such as 30 minutes over five days of the week.

Find out more: <https://www.nhsinform.scot/healthy-living/food-and-nutrition/healthy-eating-and-weight-loss/how-to-lose-weight-safely/>

Understanding your health and weight: Body mass index (BMI)

BMI is used to categorise people's weight.

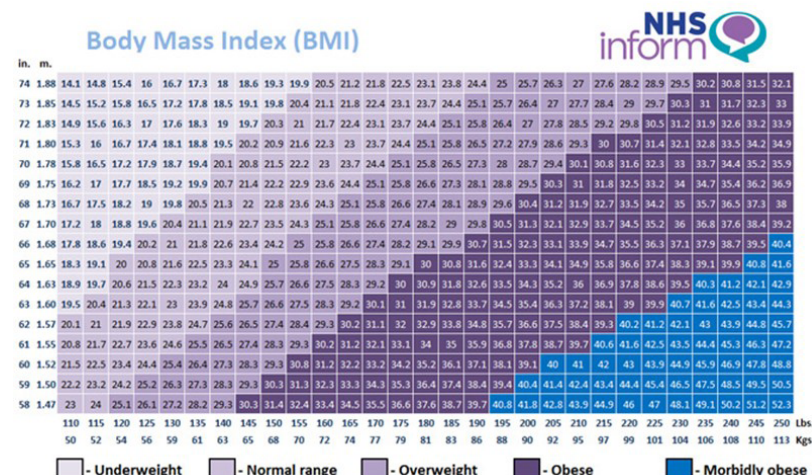
A high or low BMI may be an indicator of poor diet, varying activity levels, or high stress. Just because someone has a 'normal BMI' does not mean that they are healthy.

BMI doesn't take account of body composition, for example, muscle, fat, bone density. Sex and other factors which can impact your weight can also lead to an inaccurate reading. As such a BMI calculation is not a suitable measure for some people including children and young people under 18, pregnant women and athletes.

BMI ranges

Your BMI will fit into one of 5 bands:

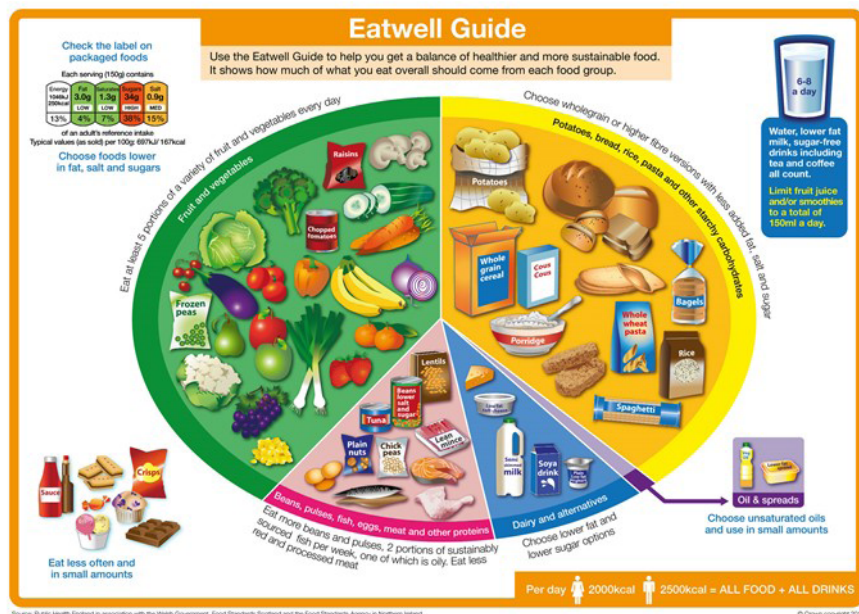
- under 18.5 – This is described as underweight
- between 18.5 and 24.9 – This is described as the 'healthy range'
- between 25 and 29.9 – This is described as overweight
- between 30 and 39.9 – This is described as obesity
- 40 or over – This is described as severe obesity



Eatwell Guide: How to eat a healthy balanced diet

The Eatwell Guide outlines the recommendations for eating a healthy balanced diet.

The guide shows the different types of foods and drinks you should consume – and in what proportions – every day or over a week.



Find out more: <https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet/>

Health benefits

Regular physical activity is an important part of living well. People who lead an active lifestyle are more likely to live longer and less likely to develop serious illnesses and health conditions.

There is overwhelming evidence proving that we should all be more physically active. It's crucial if you want to live a healthy, fulfilling life into old age. The easiest way of becoming more active is to make physical activity part of your everyday life. There are simple ways of achieving a more active lifestyle and the more you do, the better.

The medically proven health benefits of regular physical activity include:

- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of colon cancer
- up to a 20% lower risk of breast cancer
- a 30% lower risk of early death
- up to an 83% lower risk of osteoarthritis
- up to a 68% lower risk of hip fracture
- a 30% lower risk of falls among older adults
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia
- up to a 35% lower risk of coronary heart disease and stroke

Research also suggests that regular physical activity can improve your general mood, self-confidence and sleep quality as well as give you more energy and reduce stress levels.

Find out more: <https://www.nhsinform.scot/healthy-living/keeping-active/health-benefits>

Keeping active guidelines

Adults (19-64)

To stay healthy, adults aged 19-64 should try to be physically active every day and aim for one of the following:

- at least 150 minutes of moderate aerobic activity every week and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).
- 75 minutes of vigorous aerobic activity and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).
- a mix of moderate and vigorous aerobic activity every week. For example, two 30-minute runs plus 30 minutes of fast walking equates to 150 minutes of moderate aerobic activity and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

Find out more: <https://www.nhsinform.scot/healthy-living/keeping-active/keeping-active-guidelines/#adults-19-64>

Keeping active guidelines

Older people (65+)

To keep active over the age of 65 and improve your health, you need to do two types of physical activity - aerobic and strength exercise. Try to be active every day and do one of the following:

- at least 150 minutes of moderate aerobic activity every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)
- 75 minutes of vigorous aerobic activity every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)
- a mix of moderate and vigorous aerobic activity every week. For example, two 30-minute runs, plus 30 minutes of fast walking, equates to 150 minutes of moderate aerobic activity, and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

Find out more: <https://www.nhsinform.scot/healthy-living/keeping-active/keeping-active-guidelines/#older-people-65plus>

NHS 12 Week Weight Management Programme

The NHS 12 Week Weight Management Programme has been designed for adults with a body mass index (BMI) of 25 or above, who want to be a healthier weight.

It also contains useful documents to help you plan your activities and keep track of your progress such as, Activity Tracker, Meal Planner and a weekly journal.

Find out more: <https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme>

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Your Log Book

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Name: Starting weight: kg

Height: cm For advice about healthy living, please see your Move It To Lose It digital booklet.

Progress	Weight	Week's weight loss	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5
Week 1		MOVE IT  TO LOSE IT					
Week 2							
Week 3							
Week 4							
Total		MOVE IT  TO LOSE IT					

cm loss	Upper arms	Thigh	Waist	Hips	Chest
Start					
End					
Total loss					

Access your digital Move It To Lose It Log Book here:
hlh.scot/MITLI-LogBook