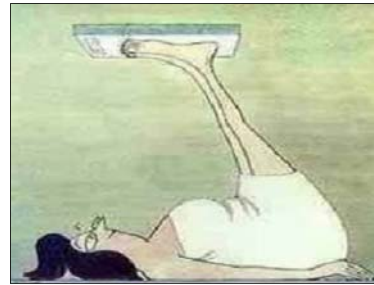


How to overcome temptation

You need to recognise what makes you eat more e.g. is it if you are stressed, or a visit to the cinema or celebrating by eating out. Think of how you can avoid these situations but remember if you do slip tomorrow is another day. Don't think "what the hell" and stop dieting. Be flexible, so though you may eat more one day, you adjust your intake the next day to compensate and appreciate it is your choice. By realising that you don't have to stick to rigid rules about what you eat but can choose to have lower alternatives, you are far more likely to be successful.

*Can't believe I
was doing it
wrong all these
years*



Answers: Q1, There is no right to wrong answer to this question, so whatever your reason to lose weight, Good Luck!. Q2, They can make you ill. They don't work long term, No evidence. Q3, Make permanent changes to your diet & exercise. Q4, 2,500. Q5, 2000. Q6, 500. Q7, Reduce the fat you eat, Eat whole grain foods, Don't skip breakfast, Eat 5 portions of fruit & vegetables a day, Have a low calorie drink before eating. Q8, "Low fat Foods", Stress, TV, Late nights, good manners, portion sizes. Q9, Planning, know your eating triggers, Be flexible, know it is your choice. Q10, Go to the NHS Choices website & use their calculator

Loves Farm Pharmacy

5 Kester Way, Loves Farm, St Neots,
Cambridgeshire, PE19 6SL
Tel No: 01480 215665



Opening Times

Monday to Friday - 9am to 6pm

Closed for Lunch - 1pm to 2pm

Saturday - 9am to 1pm

Sunday & Bank Holiday - CLOSED

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- Free Emergency Contraception Service
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- Sexual Health Clinic (HIV, Chlamydia Etc...)
- Flu Vaccination Service
- Dry Cleaning Service

Your Healthy Living Advice Newsletter for February 2015

- Why do you want to lose weight?
- Why shouldn't you use fad diets?
- What is the only way to lose weight?
- How many calories should a man eat a day?
- How many calories should a woman eat a day?
- How much should they reduce their calories to lose weight?
- List 3 ways to kick start a diet.
- Name 3 hidden causes of weight gain.
- How do you overcome diet danger zones?
- What is the simplest way to find out your BMI?



Answers on the bottom of page Four

Want to lose some weight?

It is February 2015 and time to check those resolutions. One of the main ones that a lot of people will have made is to lose weight. With over 60% of the adult population this is a popular choice. So how can we help?

Well the first thing is be clear in your mind why you want to lose weight- is it for health reasons, for a special occasion like a wedding or holiday, to fit into a certain outfit, to feel less



tired etc? Whatever the reason, write it down and get a picture or create one of what you want to look like or achieve once you have lost the weight.

Each morning and night imagine the feeling of being your target weight, everybody coming up to congratulate you and you proud of your achievement. Constantly tell yourself it is easy to lose weight and make a time table or graph so you can chart your progress

What diets are best?
An average man needs to eat 2,500 calories per day to maintain his

weight while for a woman she requires 2000 but to lose at a steady rate of about 1lb per week, they will have to reduce this by 500 calories per day.

There are many fad diets around that claim to make you lose weight incredibly quickly like the 5:2, Atkins, South Beach, Paleo etc but the British Dietetic Association feels that some of these are not nutritionally balanced so they can make you ill, there is very little evidence to support their claims and though they may produce rapid loss to start, generally you will put the weight back on later.

The only way to lose weight healthily and keep it off is to make a permanent change to the way you eat and exercise. Making a few small changes such as eating a little less at each meal, choosing calorie free drinks and doing a little more exercise during the day can make a big difference. Eating just 100 calories (say one biscuit) more than you use every day will put on 10lbs in a year and vice versa.



So how can you kick start a diet? Hidden causes of weight gain

- ◆ Eat fish instead of meat- it has far less calories but is as filling
- ◆ Remove all fat from meat, use semi skimmed milk, low fat butter, sugar free drinks
- ◆ Eat whole grain foods such whole meal bread, brown rice and pasta
- ◆ Don't skip breakfast
- ◆ Aim to eat at least 5 portions of fruit and vegetables a day



- ◆ If you feel like a snack, have a drink of water or tea first as very often we are thirsty rather than hungry
- ◆ Avoid high calorie drinks especially alcohol
- ◆ Put more exercise into your day – walk at lunch time, get off public transport one stop earlier or park further away from work, join a dance class.

There a number of ways that you gain weight without realising why.

- ◆ Foods that are marked “low fat” but actually have a lot of sugar so the calories are the same
- ◆ If you are stressed you often reach for a sugary boost. Change it to fruit or go for a walk
- ◆ We often eat while watching TV so try to have low calorie alternatives to hand
- ◆ Late nights. Some researchers believe a lack of sleep can contribute to weight gain
- ◆ Good manners. We think it is bad manners not to finish your plate, especially when eating at a dinner party so learn to say no
- ◆ Larger portion sizes. Plate sizes have become much bigger so get smaller ones and don't super size when you are out.