

Importance of Maintaining a Healthy Weight.


Managing a healthy weight plays an important part in the management of your musculoskeletal condition. Any extra weight that you carry places undue stress and strain on the structures in your lower limbs.

Rehabilitation of foot and ankle pain, pathology and dysfunction usually involves a reduction in the amount of work each structure does. This enables the body to carry out important repair processes.

Being overweight significantly delays - or in some cases prevents - the normal repair processes taking place and will often limit how the Podiatrist & Orthotist is able help you.



Start the NHS Weight Loss Plan: Follow the link to the full weight loss plan;
<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>



Losing weight - Getting started

Developed in association with [The British Dietetic Association](#).

Week 1	Week 2	Week 3
Week 4	Week 5	Week 6
Week 7	Week 8	Week 9
Week 10	Week 11	Week 12

[Download all 12 weeks →](#)

In association with The British Dietetic Association, NHS Online has developed a 12 week diet and exercise guide. The plan will help you:

- Lose weight safely and sustainably
- Learn to make healthier food choices
- Create a weekly progress chart
- Learn easy ways to gradually build activity into your day with exercise plans
- learn skills to prevent weight regain

This Weight Loss Plan is intended for use by healthy adults with a body mass index (BMI) of

25 and over. You can work out your BMI using the NHS's [BMI healthy weight calculator](#).

The plan is not suitable for children and young people or pregnant women. If you have a medical condition, you should consult your GP before starting.

Tips on Managing a Healthy Weight.

The best way to lose weight and maintain a healthy weight is to eat a healthy reduced-calorie diet and exercise regularly.

To do this, you should:

- Eat a balanced calorie-controlled diet as recommended by the NHS Weight Loss Plan.
- Join a local weight loss group
- Take up low-impact exercise such as swimming or cycling. You can also discuss being referred to the National Exercise Referral scheme by your Podiatrist / Orthotist
- Eat slowly and avoid situations where you know you could be tempted to overeat



Advice for Parents.

It is just as important for children to maintain a healthy weight as it is for adults. Children who carry excess weight are at risk of developing serious, life-limiting diseases and musculoskeletal problems.

The simplest and best way of helping your child lose weight and maintain a good weight is to exercise more and adopt healthier lifestyle practices:

- Try to make sure your child eats 5 portions of fruit and vegetables a day.
- Have a family fruit bowl for a quick snack instead of crisps and sweets.
- Use encouragement instead of nagging
- Be firm but offer incentives: 1 treat per week max
- Try to replace the role junk food has in your child's life with an activity. If they love going to a fast food restaurant for a special occasion like a birthday, try a water park instead.



- Get your child interested in a sport that they will enjoy.
- If you can, get your child to walk to school or even just get off the bus one stop early.
- Fix the hours that they can watch TV and play computer games.

Please follow the link for the Child specific – [Healthy weight advice](https://www.nhs.uk/live-well/healthy-weight/overweight-children-advice-for-parents/) or for further help and advice speak to your GP or health visitor <https://www.nhs.uk/live-well/healthy-weight/overweight-children-advice-for-parents/>

**“This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg”.**