



# Losing weight

## Getting started - Week 3

You're on Week 3 already – well done for sticking with it!

So how's it going? You may be feeling sore after your first week of exercise. But don't worry, it shouldn't last long.

If you didn't manage 150 minutes' exercise, don't panic. It's better to do some exercise than none, so build up gradually if you need to. The more you do, the easier it gets.

To help you along we've got some great tips on getting active plus healthier breakfast ideas to get your days off to a great start.

### Laura's diary

#### Week 3



With the first week of a new exercise regime under your belt, you should be feeling pretty good about yourself.

Taking up exercise and healthier eating is a lot to think about – but I find that one becomes a great motivator for the other.

If I've been for a run, I'm much more likely to make healthier food choices so my efforts aren't wasted. When you know the physical effort it takes to burn 250kcal you'll think more carefully about how you consume them!

## Your actions for Week 3

- Boost your breakfast. Read our guide and make sure you're making the most of your first meal of the day
- Remember to stick to your daily calorie intake – 1,400kcal for women and 1,900kcal for men
- Keep aiming to achieve 150 minutes of exercise this week
- Remember to plan your physical activity and log them in the chart

## Did you know?

If exercising in the morning, you should get up early enough to eat breakfast. If you don't eat, you may feel sluggish or lightheaded when you exercise.

If you plan to exercise within an hour after breakfast, eat a lighter breakfast and have a healthier snack after your workout. ✓

# Week 3

# Exercise motivation

**When you start a new exercise regime it's normal to experience some soreness.**

Muscles you didn't even know you had are giving you grief and it may all feel like a bit of an uphill struggle. And it's not just your body. One of the biggest barriers to getting into an exercise routine is your mind. We're creatures of habit, and if you've not done much for a while, finding the motivation to get up and go can be a real mental battle.

But don't be discouraged. You're going through the beginner's pain barrier and after a week or two, this should be a distant memory.

If you feel your enthusiasm dipping at any point, here are our top 10 tips to boost your motivation:

1. Be realistic. Remind yourself that you want to become more active because it'll help you become healthier and lose weight. It's a crucial component of your 12-week journey.
2. Schedule it. Plan your exercise at the start of the week and put it in your diary. Planning in advance when, how and where you will exercise will increase your chances of making physical activity a normal part of your lifestyle. Even simple approaches like laying out your running kit or packing your gym bag the night before can help.
3. Pat yourself on the back. Look back at your weekly food and activity chart to remind yourself how much you've already achieved.
4. Spread the word. Share your plans

and achievements with other people; you'll feel obliged to keep going!

5. Phone a friend. Find a friend or a relative to exercise with, or perhaps join a group or club. A workout buddy can provide feedback, support and entertainment – they also put pressure on you to turn up!

6. Pump yourself up. Music is a great motivator so pick your playlist, plug your headphones in and listen to your favourite workout songs while you exercise.

7. Be flexible. Change activities if you're not enjoying them. If cycling isn't doing it for you, why not go swimming or even try some fitness classes at the gym instead.

8. Remember, the hardest part of exercising is getting out of the door – so once you've passed that hurdle, it should be plain sailing.

9. Set goals. They don't need to be grand achievements. For instance, try to walk a little bit more each day, take the stairs instead of the lift or walk part of the way to work. Keeping a written record of these mini-goals can help you to see your progress over time.

10. Reward yourself. Set yourself non-food rewards for achieving stages along the way. There's nothing like an incentive to spur you on!

## Non-food rewards

Try these non-food rewards to help you celebrate your weight loss progress. Examples include:

- bubble bath
- new music
- new clothes
- a trip to the cinema
- DVD box set
- massage
- haircut
- new exercise gear

For more ideas go to [nhs.uk/rewards](https://www.nhs.uk/rewards)

## How much activity?

To stay healthy or to improve fitness, adults should aim to do every week:

- 150 minutes of aerobic exercise, such walking, running, tennis and cycling, and
- Two sessions of muscle-strengthening activities, such as lifting weights, exercises such as push-ups and sit-ups, heavy gardening or yoga.

# On your marks, get set, go

These quick and healthier breakfasts are an ideal way to start your day.

1. Muesli, fruit and low-fat yoghurt  
No-added-sugar muesli is a great high-fibre breakfast option, while added fruit will count towards your **5 A DAY** and low-fat yoghurt provides calcium and protein.

No-added-sugar muesli 40g = 141kcal

Low-fat yoghurt 125g = 81kcal

Medium-size banana = 108kcal

Grand total = 330kcal

2. Wholegrain breakfast cereal with semi-skimmed milk  
Wholegrain breakfast cereals are a good source of fibre. Choose a breakfast cereal that has been fortified with vitamins and minerals.

Two Weetabix = 117kcal

Semi-skimmed milk 200ml = 103kcal

Grand total = 220kcal



3. Boiled egg with wholemeal toast and reduced-fat spread  
Eggs are a good source of protein, minerals and vitamins. Choose wholegrain or wholemeal bread.

1 large egg = 78kcal

2 thin slices of toast with reduced-fat spread = 206kcal

Grand total = 284kcal

4. Grilled mushrooms and tomatoes on a wholegrain bagel  
Grilling is a quick and healthier way to cook and mushrooms and tomatoes count towards your **5 A DAY**.

Wholegrain bagel = 260kcal

4 large mushrooms = 20kcal

1 large tomato = 33kcal

Grand total = 313kcal

## Porridge – the breakfast hero

When you're trying to lose weight, learn to love porridge! Oats are low in calories and a good source of fibre. Make it with semi-skimmed milk and top with a tablespoon of dried fruit, such as raisins, to get one of your **5 A Day**.

Porridge oats 40g = 182kcal

Semi-skimmed milk 150ml = 78kcal

Raisins 30g = 90kcal

Water 150ml = 0kcal

Grand total = 350kcal

## Filling cereals full of fibre

These wholegrain cereals will fill you up and keep you feeling full. If you need extra sweetness, add a chopped banana.

1 Wholegrain wheats

2 Wholegrain raisin wheats

3 Wholewheat biscuits

4 Wholegrain oat biscuits

5 Muesli (unsweetened)

6 Porridge oats (unsweetened)



### Strength and Flex

A five-week exercise plan for beginners looking to increase their activity levels. The equipment-free workouts are gentle and easy to follow and can be done indoors or out.

[nhs.uk/strength-and-flex](https://www.nhs.uk/strength-and-flex)



# Week 3 food and activity chart



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>
Total calories:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Unplanned snacks or drinks	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Oops!	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Your 5 a day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>
Total minutes:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Aerobic exercise	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Strength exercise	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

### Start of the week

Weight	Waist
kg/lbs	cms/in



Aerobic exercise:

10 mins  30 mins  60 mins  90 mins  120 mins  150 mins +



Strength exercise:

mon  tues  wed  thurs  fri  sat  sun

1 session on 2 or more days a week

Your weight loss tracker - Record your weight and waist size at the start and end of each week to help you stay on track

### Weekly summary

### End of the week

Weight	Waist
kg/lbs	cms/in