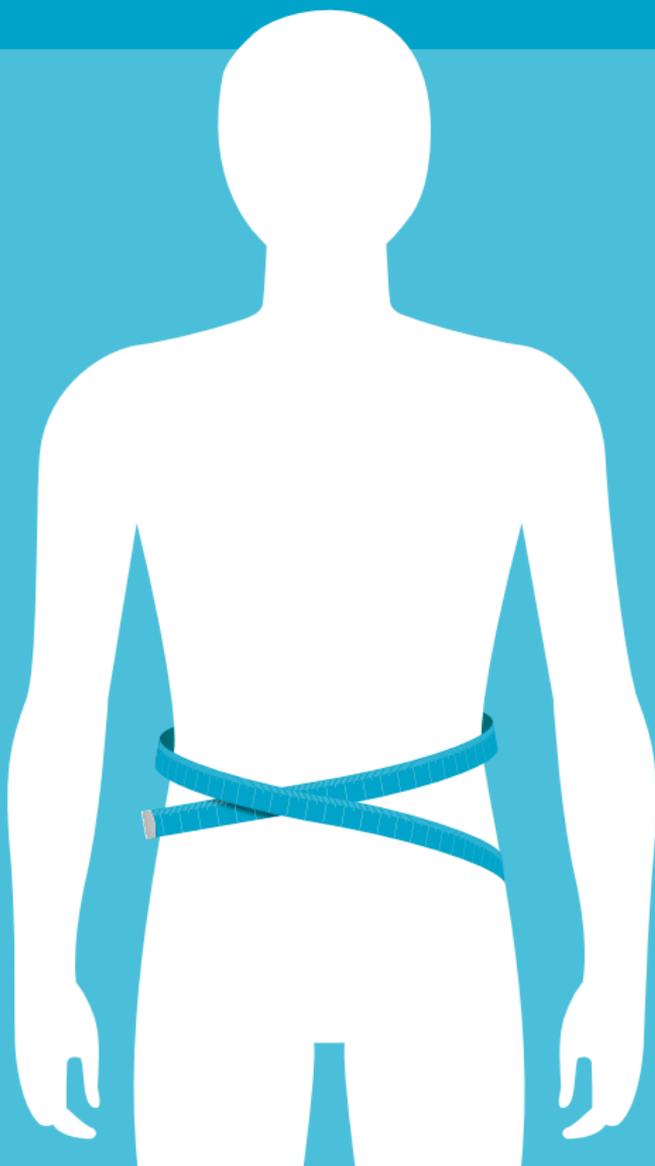


Advice on being a healthy weight

*Helping you make an
informed choice*




yorkshire cancer
research

Saving Yorkshire Lives

Advice on healthy living

Losing weight can be a difficult challenge and you may need to think about making a number of lifestyle changes. The following recommendations have been made by NHS England to help live a healthy lifestyle.

Being overweight or obese can cause 13 different cancer types including bowel, breast, kidney and pancreatic cancers.

Overall more than 8 in 20 cancers (42%) are because of unhealthy lifestyles and environmental factors. Being overweight or obese causes more than 1 in every 20 cancers (5%).

This means that every year in Yorkshire alone around 1,500 new cases of cancer are linked to being overweight or obese.

Getting to and keeping a healthy weight will help to reduce your risk of cancer. It will also reduce your risk of other health problems including: high blood pressure, type 2 diabetes, heart disease, stroke, pain and difficulty with physical functioning.

More than 1 in 20 cancers are linked to being overweight or obese

Exercising

Adults should be active every day and do a mix of exercises each week. How much exercise you should do will depend on your age, your current health and the intensity of the exercise.

To stay healthy it is recommended that each week adults do either:

- 150 minutes of moderate exercise such as fast walking or cycling (you could do 30 minutes at least 5 times a week), or
- 75 minutes of vigorous exercise such as running or swimming.

You should also do muscle strengthening exercises on at least 2 days each week, and try not to spend large amounts of time sitting or being inactive.

The NHS has useful information online at: www.nhs.uk/oneyou/moving

You might need to try out different types of exercise before you find something you like doing. If you are not sure what type of exercise you will enjoy try thinking about how you like to spend your time, for example outdoors or indoors, with other people or on your own. Joining a group or club with a friend can be a great way to get you both active!

Losing weight

It may help to speak to someone, such as your doctor, about losing weight. They can help work out a healthy weight for you and give advice on how to start losing weight. They may refer you to a local weight management service or exercise referral scheme.

The NHS has useful information available online: www.nhs.uk/oneyou/weight

It is important to exercise regularly and eat a healthy balanced diet while you are trying to lose or maintain weight.

Healthy eating

It is important to eat a healthy balanced diet made up of foods from all of the different food groups. The NHS has useful information available online: www.nhs.uk/oneyou/eating

Some easy things to remember are:

- Eat at least 5 portions of fruit and veg every day
- Eat plenty of wholegrain foods such as bread, rice, potatoes and pasta – these contain good amounts of fibre
- Eat some meat, fish, eggs, beans and other non-dairy sources of protein. Avoid red and processed meats as these are linked to cancer
- Eat some dairy foods and drink milk
- Eat small amounts of foods that are high in fat or sugar like sweets, crisps, cakes and biscuits
- Drink plenty of fluids, making sure you avoid sugary drinks like fizzy pop and fruit juice



What is a healthy weight?

The most common measure used to find out if you are a healthy weight is 'body mass index' or 'BMI' – this uses your height and weight to work out your BMI score. Using a BMI chart, find the point where your height and weight meet – this number is your BMI.

Your BMI will fit into one of 5 groups: **underweight, healthy weight, over weight, obese or very obese.**

- If your BMI falls into the underweight group it is recommended that you put on weight so you reach the healthy weight group.
- If your BMI score falls into the overweight group or above then you are heavier than is healthy for someone of your height. It is recommended that you take steps to reduce your weight.

A BMI chart can be used to find a healthy weight for someone of your height and you can use this to set yourself achievable weight loss targets.

To work out your BMI go to:
www.nhs.uk/healthyweight

Did you know?

There are many other things you can do to improve your health such as:

- Stopping smoking
- Reducing the amount of alcohol you drink
- Reducing the amount of salt and sugar in your diet

If you have any concerns about your weight or any other aspect of your health or lifestyle, including mental health, talk to your doctor or another healthcare professional.

Yorkshire Cancer Research wants to give information about living a healthy lifestyle to help you make an informed choice. We are encouraging people to exercise regularly, maintain a healthy weight and eat a healthy, balanced diet. Getting more people to follow a healthy lifestyle will help lower their risk of getting cancer and save lives.



This leaflet has been produced as part of our Wise Up To Cancer programme.

Please help us offer this programme across Yorkshire by supporting Yorkshire Cancer Research.

You can make a one off donation or sign up to give monthly by visiting www.ycr.org.uk/donate. You can also make a donation today by texting **YORKSHIRE** to **70007** to donate £3.

Thank you.

www.ycr.org.uk/wiseuptocancer

