

Healthy Weight

Weight management refers to the process of considering your weight alongside your health and wellbeing and can involve aiming for weight maintenance or weight loss.

You are more likely to achieve a healthier weight by avoiding restrictive dieting and following a varied, balanced and regular meal pattern, with regular activity that you enjoy.

Find out if you are a healthy weight by using the [NHS BMI calculator](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)
<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

To help you check if you are losing too much weight and are at risk of becoming malnourished, BAPEN has developed a simple screening tool you can use along with advice to follow if you are at risk of becoming malnourished.

BAPEN <https://www.malnutritonselfscreening.org/self-screening.html>

Would you like to lose weight in a healthy way and keep it off for good?

There are some tips to get started and a range of information and tools that may help – visit our website:

MOVE BETTER GWENT – Healthy Weight
https://movebettergwent.nhs.wales/self_management/healthy-weight/

This information has been printed from MOVE BETTER GWENT

For more information, please visit our website: <https://movebettergwent.nhs.wales>