Help with weight loss

Being overweight can seriously affect your health. If you’re overweight, you’re more likely to develop health problems such as heart disease, a stroke and type 2 diabetes.

Most overweight people are overweight because they consume more energy than they use through physical activity. This means that the best way to lose weight is to make achievable, long-lasting changes to your eating and physical activity habits.

The good news

The good news is that losing weight is not only healthy, it is great for self-esteem, confidence and that ‘feelgood’ factor. And once you start seeing results, you’ll probably want to lose more. You’ll also feel able to achieve more, have more energy, and sleep better.

First steps

A good first step to weight loss is to find out what your Body Mass Index (BMI) is. It is used to estimate a healthy body weight based on height. It’s easy to calculate. Click here to calculate your Body Mass Index (BMI).

Consult your GP, who can help you to assess your current diet and levels of physical activity, and set goals for change.

Top 10 tips for weight loss

One You Westminster and One You Kensington and Chelsea

Support from a dietician

Other information and advice