

How can I manage my weight?



How can being overweight affect me?

A healthy diet and being physically active enables you to maintain a healthy weight.



Being overweight isn't just about how you look. It can have a serious impact on your health and lead to lots of different health conditions. It can also cause you to not feel good about yourself and have mental health problems.



Being overweight as a child has been linked to lots of different health conditions. There is also evidence that it can stop a child doing well at school and having mental health problems.

What causes obesity?



Obesity happens when you eat or drink more energy than you use through your body's metabolism and physical activity over a long period of time.



You can help to tackle this problem by by doing more physical activity and cutting down on calories in your food.



How can I manage my weight?

You can find out more information on what a healthy weight is on the [Living Well website](#).

You can also find [free weight management support](#).



If you want to lose weight and have a health condition you should first speak to your GP practice. They can let you know about any weight management support options that suit your health needs.

What if I have a medical condition that makes it hard to exercise?



The BEEP (Bradford Encouraging Exercise in People) Exercise referral scheme provides advice and support to help you increase your physical activity levels in a safe and effective way.



Your GP or any other health professional can refer you into this programme if you have a qualifying medical condition.



To find out more see the [exercising with long term health conditions page](#) on the Living Well website, or call the team on 01274 435388.

Children and Families Living Well Service



The Children and Families Living Well Service accept referrals for children aged 2 to 19 who are above a healthy weight.

The service have friendly, trained advisors who offer 6 home-based sessions to parents of children under the age of 13 or can work more directly with children aged 13 or over.



The team is supported by a registered mental health nurse and dietitian. They will encourage you and your family to take positive steps which are right for you.

They will support you to find changes that will help the whole family work towards goals. This could be eating well, moving well, sleeping well and feeling mentally well.

Please call 01274 435660.



Where else can I get support?

[Change4Life](#) - great advice for helping families be more healthy and active

[NHS Better Health](#) - help to lose weight