

A portrait of Dr Kathryn Basford, a woman with dark curly hair, smiling. She is wearing a white patterned shirt.

Hello!

Dr Kathryn Basford,
GP at ASDA Online Doctor

Congratulations on taking your first steps towards losing weight and starting your journey to a healthier you! From here on, every day is another day closer to achieving your goal weight, and we'll be here to support you all the way.

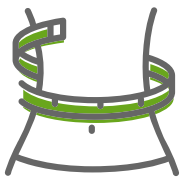
Remember: This is **your weight loss journey**, and you shouldn't compare yourself or your results to anyone else. Be proud of everything you achieve, and don't give up if you stumble or hit a roadblock because you can do this. Your Asda Online Doctor will be here with you every step of the way. Feel free to contact us at any time through your patient account.

We can't wait to see you smash your weight loss goals.
Your ASDA Online Doctor

Good for the body. Good for the soul.

Why a healthy body matters

A healthy body improves both your physical and mental health.



Physical

By losing weight, you'll benefit from improvements to your cardiovascular system, a reduction in body fat and an increase in muscle mass. Losing body fat and building muscle mass also improves your metabolism and reduces your risk of cardiovascular diseases like high blood pressure and diabetes. Weight loss can also relieve joint stress, reducing pain and inflammation and boosting physical performance.



Psychological

A healthy body is a healthy mind. There's plenty of evidence shows that losing weight improves your mental health, but you'll get to experience these benefits yourself. Healthy diets and regular exercise lead to better sleep and balance, as this helps your body reduce stress hormones. Weight loss also boosts self-confidence and can help with body image. Think of it this way, the healthier you live, the better you will feel.

Setting goals: Your steps to success

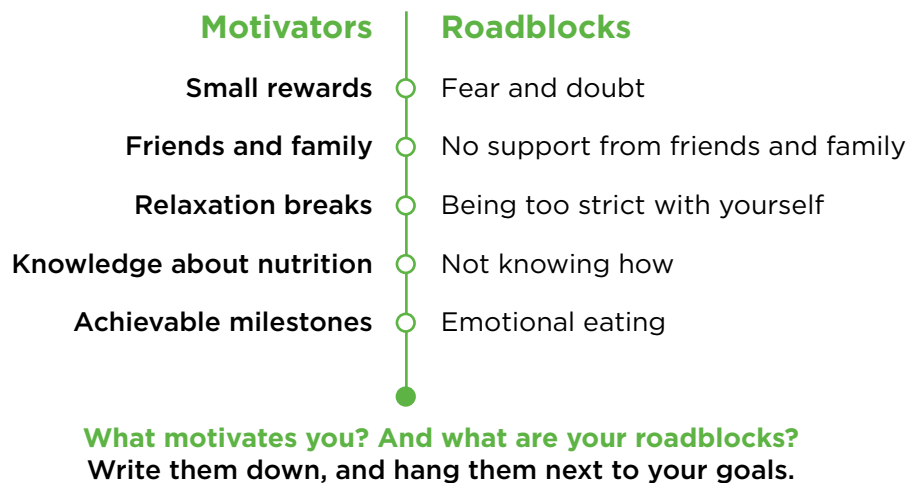
You've already taken the first huge step on your weight loss journey by getting here. But what was the goal that inspired you to get started? Reminding yourself of your goals is a great way to stay on track and motivated. Write your goal down and place it somewhere you'll see it every day or see it when you need the motivation to keep going.

1. Set achievable goals.

Rome wasn't built in a day. And safe, sustainable weight loss doesn't happen overnight. This is why it helps to concentrate on smaller, more achievable goals rather than focusing on your final destination. Think about what you can achieve **this week and how you can stay motivated**. And most importantly, celebrate every win. You should be proud of every step you take towards a healthier you, no matter how small.

2. Find your motivation. Identify your roadblocks.

There will always be roadblocks on any journey, and the key to getting past them is staying motivated. Identifying your roadblocks and understanding your motivators will help you stay on track and keep sight of your goals if you find things challenging. Here are some examples of typical motivators and roadblocks:



3. Keeping track of your progress

Adjusting to a new diet takes work, especially when you're starting out. To stay on track, start by writing down what you eat, drink, and how you feel. This will help you see how your diet affects your mindset and weight loss. We've provided some trackers so you can do this at home quickly and easily.

Food for thought

Nutrition is holistic, and food affects your emotions. Everyone's experienced that feeling of having a knot in your stomach when you're hungry or feeling 'hangry' because you're overdue a meal. Then there's stress eating, which is when you eat when you're stressed out because it makes you feel more relaxed and can override negative feelings. It's important to remember that dieting doesn't just affect your body, but your mind too..

Intuitive eating: The art of listening to your body

To achieve safe and sustainable long-term weight loss, you need to understand your psyche's influence on your eating behaviour. Most of our eating habits are learned. For example, when you're younger, you may have been told to always clean your plate - this learned behaviour can lead to weight gain later in life because you've learned to continue eating when you're full. Intuitive eating is another behaviour you can learn that teaches you to listen to your body and understand what it needs.

Start by asking yourself questions like:

"Am I **really** hungry or is it just time to eat?"

"Am I getting **cravings** because I didn't eat enough?"

"Do I **need** this snack right now?"

"Do I **need** to have another beer?"

"Do I have triggers that cause **binge eating**?"

And do things like:

- Drink a big glass of water before snacking. Are you still hungry? If you are hungry... EAT! Even if you've just eaten something. You don't need to wait for meals because it's not lunch or dinner time.
- Try meditation & mindfulness techniques. Derived from cognitive behavioural therapy, meditation and mindfulness can help you stay in tune with your body and emotions towards food. You can explore this in apps like Headspace or Calm.
- Embrace self-care. If you're finding things stressful, take 5 minutes to yourself. Run a relaxing bath or watch an episode of your favourite show.

Disclaimer

If you're struggling with your mental health, please get in touch with your GP or support network. Binge eating can be caused by conditions that require professional support. By seeking help, you can ensure you're getting the right advice and care.

Get active! Get fit!

No matter what your inner couch potato says, you've got to exercise to get the best results. Exercising doesn't just help you to lose weight, but it also leads to:

- Improved mental health
- Better sleep
- Less (chronic) pain
- Better posture (no round back and no "cell phone neck")
- More protection against conditions like high blood pressure, type 2 diabetes, and depression
- Better digestion
- A higher basal metabolic rate

The road is long, but every step counts!

Doing more exercise doesn't have to mean signing up for the next HIIT workout at your gym. Even small steps are enough to get you going, keep you moving and get you motivated. Try incorporating more exercise into your daily routine because even 10 minutes more can make a difference.



Nutrients: Eat the rainbow!

A great way to ensure you eat a balanced diet is to make your plates of food as colourful and varied as possible. This helps ensure you get as many nutrients as you need to keep your metabolism, organs, cells and muscles well fuelled.

For our energy supply, we need **macronutrients**. These include:

Carbohydrates



Found in starch in flour, rice or potatoes; simple sugars like glucose or fructose.

These are our main sources of energy. They're used by our cells almost immediately. Any carbs we don't use as energy are converted to fat and stored.

Fats



From plants or animals

These function as an energy reserve and building blocks for our cell membranes. We also need them for our vitamin metabolism, messenger substances and nerves.

Proteins



From animals (meat), dairy products, eggs, or plant based from legumes and tofu

Proteins are essential for building our DNA and the enzymes our body needs for metabolism. They also serve as a reserve source of energy if your body can't get enough from carbohydrates.

Small but mighty: Meet the micronutrients

Micronutrients are vital as they help us with cell renewal, organ functions and maintaining our health. Micronutrients include: vitamins, minerals, trace elements, secondary plant compounds, amino acids and omega fatty acids. They are found in basically every natural food, such as fruits and vegetables, grains, legumes, meat and dairy products.

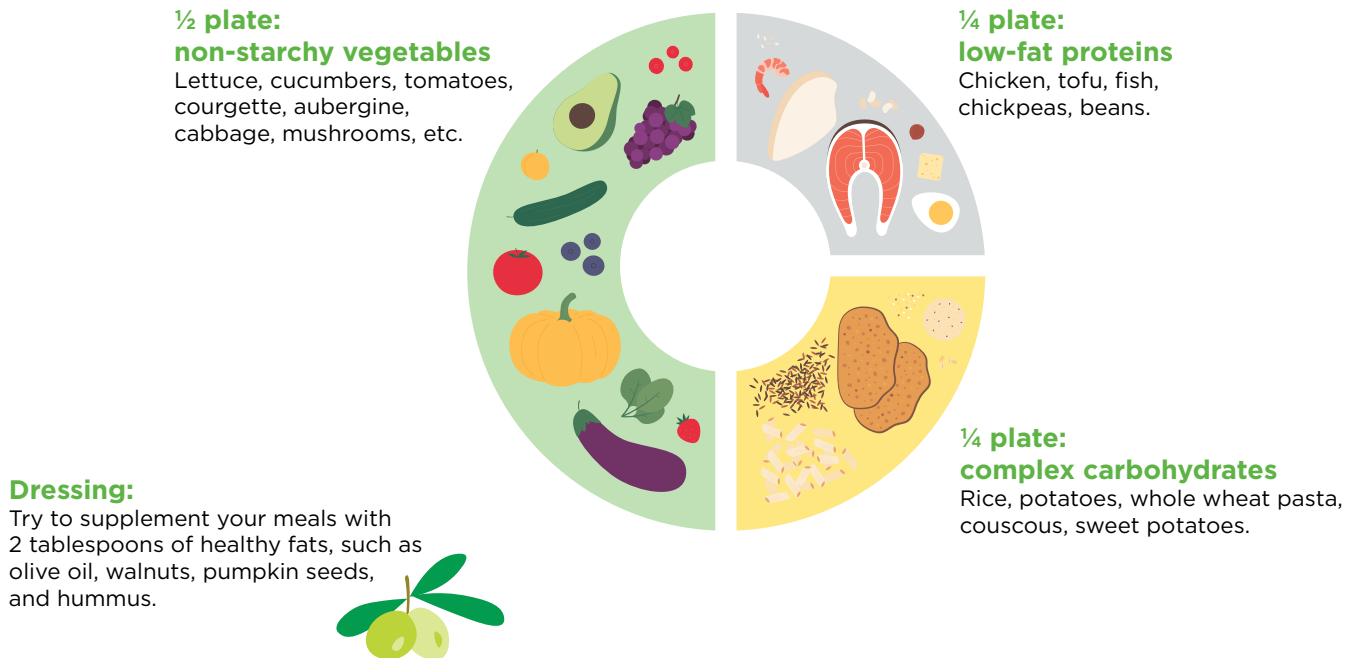
Dietary fibre - what is it?

Dietary fibre is a carbohydrate that cannot be used by our digestive system, or only partially. Due to this, dietary fibre is seen more as a “filler” that keeps you full for a long time while providing fewer calories. Studies have shown that dietary fibres protect against colon cancer and help lower blood sugar levels in people with diabetes.

Nourish yourself!

Long-term weight loss isn't about counting calories forever. Instead, it's more important to eat a balanced, nourishing diet. This gives your body all the nutrients it needs to stay healthy.

A good way to plan a balanced meal is to break your plate into sections of different foods:



Balance is everything.

Your daily meals should give you a little bit of everything: Fruits & vegetables, grains, healthy fats, dairy products or dairy alternatives - but they should always be in the right proportions. The NHS has a clear outline of a balanced diet on its [website](#).

What if I do not feel hungry?

If you find you're not getting hungry, try to eat foods that are as nutrient-dense as possible. This way, you can absorb as many nutrients as possible, even if you only eat a small amount. Focus on high-protein, low-sugar and high-fibre foods like:

- Unsalted nuts and seeds (walnuts, almonds, pumpkin and sunflower seeds).
- Avocados
- Yoghurt, such as skyr or kefir
- Protein shakes
- Homemade smoothies
- Potatoes and whole-grain bread
- Eggs
- Cheese
- Fatty fish, like salmon or mackerel
- Tofu
- Legumes, such as chickpeas or beans
- High-quality vegetable oils, such as olive or canola oil

Extra tip

Try to eat a little bit, even if you feel sick. Nausea often comes from having nothing in your stomach. A small snack can help eliminate this.

Alcohol, sugar, and health:

A bitter mix?

While eating too much food or too much of the wrong food can lead to weight gain, sugary drinks and alcohol are often also to blame.

Surprise: It's sugar!

It's hard to believe, but it's true. Each sip of regular Coke you drink is about the same as eating a whole teaspoon of sugar. That means a 250ml glass of Coke contains about 8 teaspoons. But it's not just Cokes and fizzy drinks that are the problem. Even a glass of iced tea contains 7-8 teaspoons of sugar, and a glass of plain apple juice can have up to 9.

Think about it this way; the NHS recommends a maximum intake of 30 g of sugar per day - that's about 10 teaspoons in total. After a can of Coke, you've nearly reached that total before eating anything.

To work out how much sugar is in a meal or a drink, use this comparison.

3 g sugar = 1 teaspoon = 1 sugar cube

So when you check the labels on your drinks, and it says 30g sugar, you'll know that's the equivalent of 10 teaspoons!



But water is boring...

We understand that making a glass of water with a squeeze of lemon to replace your favourite fizzy drinks will take a lot of work. Nevertheless, dropping soft drinks and juices is one of the most effective ways to reduce sugar intake.

ZERO isn't a HERO: Zero sugar and diet drinks with artificial sweeteners are **not** good alternatives. Studies show that sweeteners stimulate insulin release, which confuses your metabolism. This makes you have a bigger appetite and eat more, which leads to weight gain.

And what about alcohol?

Regularly drinking of alcohol can lead to weight gain and obesity. It's also often a roadblock in weight loss. Alcohol also acts as a cytotoxin, affecting your metabolism, which can make your body slower at breaking down fats. So drink wisely, and keep how it will affect your weight loss goals in mind if you're thinking of drinking alcohol...

Let's talk food swaps

It's time to switch focus from what you shouldn't have to what you should. Finding alternatives to your favourite unhealthy foods, makes dieting much more sustainable. Healthier alternatives.

Swap this ● For this

Breakfast

Nutella Toast ○ *Rye bread with unsweetened peanut butter*

Cereals ○ *Porridge with fruit*

Fried egg ○ *Poached egg*

Lunch & Dinner

Ham and mayo white bread sandwich ○ *Whole wheat wrap with lettuce, chicken and cream cheese*

Pizza ○ *Homemade whole wheat pizza, vegetables and little cheese*

Lasagna ○ *Vegetarian spaghetti bolognese or pasta aglio e olio with olive oil*

Burgers with fries ○ *Homemade burgers with oven vegetables and potato wedges*

Fish & Chips ○ *Salmon with homemade mashed potatoes*

Snacks

Crisps ○ *Unsweetened popcorn*

Ice cream ○ *Sorbet / frozen yoghurt*

Cereal bar ○ *All-natural trail mix*

Cookies ○ *Rice cake with melted dark chocolate*

Cake ○ *Fruit Cake*

Spices & Dips

White processed sugar ○ *Date syrup, coconut blossom sugar, dark maple syrup*

Sour cream ○ *Low fat greek yoghurt*

Mayonnaise ○ *Mustard or hummus*

Salt ○ *Fresh herbs*

Drinks

Frozen or specialty coffee ○ *Cold brew or hot / iced coffee low fat greek yoghurt*

Fruit juice ○ *Real fruit*

Soda/Soft drinks ○ *Sparkling water with your favourite slice of fruit*

Store-bought smoothie ○ *Homemade smoothies*

Energy drinks or Ice tea ○ *Unsweetened black tea / green tea / Kombucha*

● Need more inspiration?

Variety is the spice of life, and a varied diet will be easier to stick to! So if you're looking for inspiration to build new healthy meals, the NHS has a [recipe collection](#) on their website with tons of recommendations for healthy recipes!

From dieting to a healthy lifestyle

Congratulations! You're probably still on the game - and that's great!

We'd like to remind you once again that none of us are machines. It's not just about putting more in at the top than comes out at the bottom. There is so much more to a healthy lifestyle:

Always take care of yourself and be proud. Ask yourself, what screws can you turn to make you feel good?

10 simple and healthy habits for everyday life

- 1 Have **7-8 hours of sleep**
- 2 **Take regular breaks** (you deserve them)
- 3 **Be active every day** (even if it's just 10 minutes)
- 4 Eat slowly and **chew at least 20 times**
- 5 **Cook at home** whenever possible
- 6 Drink **8-10 glasses of water** per day
- 7 **Eat rainbow plates**
- 8 Cut alcohol or drink a **minimal amount of alcohol**
- 9 **Take the stairs, ride a bike** instead of a car, and walk to work
- 10 **Don't skip meals!**

Finally, be proud of yourself and always celebrate your achievements. You're taking a big step in becoming healthier, and we can't wait to see everything you achieve.

**And don't forget:
We are always by your side!**

If you have any questions or concerns about your treatment, weight or general health, you can contact us anytime using your patient account.

Treatment or medication being used:

Starting weight:

Goal Weight:

Remember: Safe and effective weight loss takes time, and is achieved by regular small increments. Instant, dramatic results rarely lead to sustained changes in body weight. Keep going - **you're doing great!**

[illegible]

*Measuring your waist size is a good way of tracking your weight loss. Sometimes the number on the scale don't reflect the amount of progress that you have made. Your waist size will gradually reduce through effective weight loss with more consistency than your actual weight.

Treatment or medication being used:

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Date

Weight

Waist Measurement*

Thoughts and Feelings

*Measuring your waist size is a good way of tracking your weight loss. Sometimes the number on the scale don't reflect the amount of progress that you have made. Your waist size will gradually reduce through effective weight loss with more consistency than your actual weight.

Weekly Meal Planner

Week commencing:

Use this space to plan your meals for the week. Each space is left blank so you can order your meals/ snacks however you want. There’s also enough space to add notes if you would like.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week commencing:

Use this space to plan your meals for the week. Each space is left blank so you can order your meals/snacks however you want. There's also enough space to add notes if you would like.

Monday

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Wednesday

Thursday

Friday

Saturday

Sunday

Week commencing:

Use this space to document your exercise for the week. Each space is left blank so you can fill it in however you choose.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Week commencing:

Use this space to document your exercise for the week. Each space is left blank so you can fill it in however you choose.

Monday

Tuesday

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Thursday

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Saturday

Sunday

Month:

Use this space to mark days you have exercised this month. There is enough room to add notes if you would like to.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

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Notes: