

# Planning to lose weight

## What is it?

Being overweight or obese can have an impact on your health, but even small amounts of weight loss can make a difference. In fact, losing just five to 10 per cent of your body weight helps to improve your health. If you're concerned about your weight, speak to your GP.

## What will my GP do now?

Your GP may develop a treatment plan for you. The goals of this plan are to eat a healthy diet, exercise more and maintain a healthy weight.

Your GP may also talk to you about your weight so you can learn why a healthy weight is important. Your GP will discuss:

- How much weight you may need to lose
- How to get your family or housemates on board with your plan
- How to buy and cook healthy food
- Finding a healthy eating plan you can stick to
- Knowing which foods that would be beneficial to limit
- Drinking less alcohol
- Quitting smoking if you're a smoker
- How to make healthy eating a normal part of your day
- How to exercise more
- Activities you can work into your daily routine

Your treatment plan is about improving your overall health, not just losing weight. Your GP may also talk to you about:

- Goal setting – now, and in future
- How to avoid the triggers that make you want to eat more
- How to make plans if your routine changes
- How to stop using food as a reward
- Social support, such as family and friends as well as community resources

Your GP might recommend counselling or other therapies. Support from a professional can help you to lose weight.

## What will my GP do in the future?

If you and your doctor have set up a weight management plan, your GP may want to see you every two weeks for the first three months. After three months, you'll have an extensive review. This review will look at your progress, goals, changes, risk factors and overall plan.

Your GP will provide ongoing support for at least the next 12 months. If you're having trouble losing weight or keeping weight off, talk to your GP.

You might have another condition that needs to be looked at. Your GP can also modify and change your plan if it's not working as well as you'd hoped.

If you reach your treatment goal, your GP will talk to you about how to keep your weight healthy in future. You'll also discuss how to prevent regaining weight.

### Long-term healthy weight strategies

- Move every day
- Limit sitting activities such as watching TV
- Eat a variety of healthy foods
- Eat breakfast everyday
- Eat regular meals

# Planning to lose weight

## What can I do?

Losing weight might not happen right away, but it will happen. Make sure you understand your treatment plan and talk to your GP if you have any questions. Don't worry if you lose weight then regain some again – weight regain is very common and is not a sign of failure.

Talk to your GP about how to make healthy eating and exercise a normal part of your everyday routine. Ask about apps and fitness trackers that may help.



## What questions could I ask my doctor?

- How long will it take me to lose weight?
- What should I do first?
- What if I can't follow my plan?
- Who can I call if I need more support?
- Should I see a dietitian?
- When do I need to see you again?
- How can I get other people involved?
- What foods should I avoid?



## What supports are available?

### Private Specialist

Your GP may refer you to a private specialist called a dietician or exercise physiologist.

### Active and Healthy

This website provides information about exercises, health, making the home environment safe, and where to find local exercise programs: [activeandhealthy.nsw.gov.au](http://activeandhealthy.nsw.gov.au)

### Get Healthy

A free, personal phone coaching service helping you achieve your health goals: [gethealthynsw.com.au](http://gethealthynsw.com.au)

### YMCA PrYme Movers (for over 45s)

A class with gentle, low-impact cardio, fitball and weights that is designed to improve functional strength and flexibility. Find locations on their website: [ymcansw.org.au](http://ymcansw.org.au)

### Heart Foundation walking groups

[walking.heartfoundation.org.au](http://walking.heartfoundation.org.au)

## Where can I learn more?

- **Exercise is Medicine:** [363.c46.myftpupload.com](http://363.c46.myftpupload.com)
- **Physical activity and sedentary behaviour guidelines:** [health.gov.au](http://health.gov.au)

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

**phn**  
SOUTH WESTERN  
SYDNEY

An Australian Government Initiative