



# Losing weight

## Getting started - Week 9

Good going – you’ve made it to Week 9!  
We hope keeping track of your calories is becoming easier.

If you started the Couch to 5K running plan on Week 2, you should be just one week from graduation!

If you’re still working towards 150 minutes of activity a week, keep going! We know you can do it! Just keep doing a little bit more each week. Let’s give it a big push this week. The key is to do something you enjoy that can fit into your routine.

### Laura's diary

#### Week 9



How's the exercise regime going? Whether you're struggling or you've taken to it like a duck to water, I can't recommend the forums enough.

They are truly inspiring and full of people who've found their own way of making it work for them.

Exercise is a really important habit to learn - not just for the purposes of this 12-week guide but for the rest of your life.

Think about ways you can support yourself in achieving this goal. Would pairing up with a friend help, for instance?

## Your actions for Week 9

- Go to the [weight loss forum](#) to find out what other people are doing to raise their activity levels
- If you're lacking motivation, use [What's Your Sport](#) to find out what activity suits you best
- Have a go at this week's recipe, which should satisfy any sweet cravings. If it's not your cup of tea – research some different lower-calorie recipes

## Did you know?

Regular strength exercises, such as weight training, push-ups or heavy gardening, can boost weight loss.

Strength exercises build muscles and muscles burn more calories than other body tissue, including fat, even when you're not moving.



# Week 9

# What's stopping you?

Whatever it is that's stopping you from getting more active, it might not be as much of a barrier as you think.

Here are some common reasons why we might avoid exercise and how to overcome them.

'I don't have time'

Achieving 150 minutes of physical activity a week is easier than you think. It doesn't have to be structured exercise, like running or swimming. Walking to work, to the shops or the kids to school, gardening or taking the stairs all count. The easiest way is to work physical activity into your daily routine.

'I'm too tired'

It's not unusual to feel drained at the end of the day but exercise will relieve your tiredness and actually make you feel more energetic. With time, an exercise regime will also build your stamina, reducing feelings of lethargy.

'I don't have the willpower'

Many people give up on their exercise regime soon after starting it. One of the best ways to stay motivated is to keep an exercise diary or exercise with a friend. Goal-setting can also be fantastic for keeping you motivated and working towards a target that suits you.

'I don't like exercise'

Memories of school PE may still colour your judgement but there are so many ways of getting active, and enjoying it. For example, if competitive sport was your worst nightmare, focus on

a solitary activity such as walking, running, yoga or swimming.

'It's hard work'

Starting slowly and building up gradually are the key to enjoying exercise. The [Couch to 5K](#) or [Strength and Flex](#) podcast series are just the ticket. They are both designed to let your confidence grow along with your stamina and strength.

'The weather is too bad'

Many people find running in the rain invigorating. Learn to love the weather; it's bracing with the wind behind you and it can be fun splashing through puddles.

'I've missed a session. I'll never get back on track'

No one sails through never missing an exercise session. Just get your kit on and bear in mind you're not back starting from scratch. The key is to rewind a bit. For example, if you've completed Couch to 5K but haven't run for a while, pick it up at Week 5 or 6.

'I'll look stupid'

It can be hard to get active in public if you're out of shape or not used to exercise. But you can overcome this. Start off exercising at home or plan to run when no-one's about. Your confidence will soon grow.

## Exercise ideas

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Gym not your thing? Try one of these to get your heart rate going:

- At home: DVD workouts, [Strength and Flex](#), [10-minute workouts](#)
- Outdoor: Walking, gardening, bowls
- Solitary: Pilates, yoga, tai chi, swimming, running, rollerblading
- With a friend: Badminton, dance classes, Zumba
- With family: Park football, rounders, Frisbee, hiking

## Burn time?

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How long does it take a 70kg person running at 6mph to burn off the calories in the following foods?

- Buttered brown toast - 10mins
- 2 Hob Nob biscuits - 12mins
- Cheese and onion crisps - 16mins
- Plain bagel - 18mins
- Chicken korma with rice (300g) - 39mins

## Have your cake and eat it?

If all you can think about is chocolate, biscuits or crisps, here are some lower-calorie substitutes.

Beware that although lower in calories, some of these swaps can still be high in sugar. Also, lower-calorie should not be taken as a licence to indulge.

Crisps – swap for lower-fat, lower-salt oven-baked crisps, which contain up to 70% less fat than standard varieties.

Pork scratchings – try swapping for homemade air-popped, plain popcorn.

Ice-cream – opt for lower-fat frozen yoghurt, or try sorbet made from sweetened water flavoured with fruit.

Cereal bar – despite their healthy image, most cereal bars are high in sugar and fat. Look out for bars that are low in sugar, fat and salt.

Chocolate – swap for a lower-calorie hot instant chocolate drink. You can also get chocolate with coffee and



chocolate with malt varieties.

Biscuits – swap for oat cakes, oat biscuits or unsalted rice cakes, which contain fibre.

Sweets – try dried fruit such as raisins, sultanas, dates, apricots or figs, which all count towards your 5 A DAY.

Cake – swap for a plain currant bun, fruit scone or malt loaf. Avoid toppings like butter, icing, jam or cream.

Sugary fizzy drinks – try mixing sparkling water with unsweetened fruit juice, which counts towards your 5 A DAY, or choose a lower-calorie diet variety.

### Fruit banana bran cake

Try this filling cake, which has just 132kcal per slice

- 100g low sugar bran flakes
- 250ml semi-skimmed milk
- 75g apricots, chopped
- 50g sultanas
- 40g soft brown sugar
- 150g self-raising flour
- 2 eggs, beaten
- 1 banana, mashed

Combine bran, milk, apricots and sultanas. Leave to soak for 1 hour. Preheat the oven to 180C. Line a loaf tin with greaseproof paper. Add sugar, flour, eggs and banana to the mixture and stir. Spoon into the tin and bake for 50-55 minutes on the middle shelf of the oven.

### Snack rogues gallery

- Fully loaded nachos (pub meal): 924kcal
- Pork scratchings (100g): 621kcal
- Roasted and salted peanuts (50g): 300kcal
- Garlic bread (2 slices): 209kcal
- Wasabi peas (59g): 197kcal
- Salt and vinegar crisps (35g packet): 181kcal



### Find your ideal sport

Find out what activity you're best suited to with What's your sport? It uses games and quizzes to assess your personality, skills and reflexes to match you up with your ideal activity.

[nhs.uk/findyoursport](https://nhs.uk/findyoursport)

# Week 9 food and activity chart



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>
Total calories:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Unplanned snacks or drinks	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Oops!	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Your 5 a day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>
Total minutes:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Aerobic exercise	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Strength exercise	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

### Start of the week

Weight	Waist
kg/lbs	cms/in



Aerobic exercise:

10 mins  30 mins  60 mins  90 mins  120 mins  150 mins +

### Weekly summary



Strength exercise:

1 session on 2 or more days a week  
 mon  tues  wed  thurs  fri  sat  sun

Your weight loss tracker - Record your weight and waist size at the start and end of each week to help you stay on track

### End of the week

Weight	Waist
kg/lbs	cms/in