



# WellbeingZone

Fitness • Weight • Healthy Eating • Stress Management • Lifestyle • National Discounts • Advice

## Finding and managing your ideal body weight

Many experts believe that we have only partial control over our weight as your height, bone structure and metabolism are all influenced by genetic predisposition. Everyone seems to be born with a natural weight range but, of course if you consistently eat too much and don't exercise, you will soon reach and maintain a weight well above this natural range!

Your ideal weight is one at which you feel healthy and most attractive give or take a few pounds. This will tend to vary naturally during the year and we also experience a change as we get older. Here are some tips to help manage your weight:

- Keep in mind that heart-healthy foods are usually weight-friendly too.
- Add more healthy food choices to your shopping & remove less healthy ones.
- Drink plenty of water, and eat a variety of fresh fruits and vegetables.
- Eat only when you're hungry.
- Know what proper portions of food look like, and exercise portion control.
- Control between-meal snacking.
- Cut back on or eliminate sugary drinks.



### What's New?

Here's a look at some topics we'll be featuring on the site in the next few weeks...

- Events – National Stress Awareness Day, World Diabetes Day, Alcohol Awareness Week
- Healthy Mind – What can I do to reduce my stress levels - 3 key areas, Laughter is a great tonic, Time to Chill, Understanding Stress Quiz, Coping with Stress in the Workplace, Looking after Yourself
- Healthy Body – Get in Step for Healthy Feet, Fun ways to get fit, Benefits of Swimming, Swimming for Fitness, Muscles and Exercise Quiz,
- Healthy Life – Top 10 Tips for Lowering Your Cholesterol, Salt and your health Quiz, Typical Myths about Giving up Smoking, Tips for Eating Out - Indian & Chinese, Alcohol - Know your limits



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