

# Obesity is a Lifelong Resolution

## Why it matters?



Obesity means having excessive body fat. It can be a lifelong and complex condition that can affect both physical and mental health. Obesity can increase the risk of many serious medical problems and may also impact self-confidence and emotional well-being.<sup>1</sup>

When you eat more calories than your body requires, the extra energy is stored as fat. Over time, fat cells grow and can trigger low-level inflammation, which means the body stays slightly irritated all the time. This can cause higher blood sugar and fat levels. Together, these problems can lead to metabolic syndrome, a group of health conditions that increase the risk of heart disease and diabetes.<sup>1</sup>

## What to expect?

Having obesity can increase your risk of certain health problems; however, it does not mean you will definitely develop them. There is a lot you can do to improve your health. Following a long-term plan can help you lose weight and help maintain it over time.<sup>1</sup>

## Make changes that last



Long-term success comes from swapping high-calorie foods for healthier choices, rather than cutting out foods completely. Try to reduce:<sup>2</sup>

- ◆ Fast food and heavily processed foods
- ◆ Sugary drinks and alcohol

Choose foods that nourish your body and support your health.

## Choose a balanced diet



A healthy eating pattern should include:<sup>2</sup>

- ◆ Plenty of fruit and vegetables
- ◆ Starchy foods such as potatoes, rice, bread and pasta (choose wholegrain or high-fibre options where possible)
- ◆ Milk and dairy products, or suitable alternatives
- ◆ Protein-rich foods such as meat, fish, eggs, beans and lentils
- ◆ Small amounts of foods high in fat and sugar

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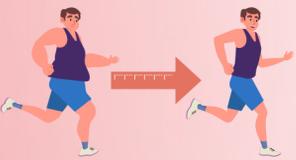
Mon-Sat | 09:00 to 18:00 Hrs.

## Smart portion choices while dining out



Eating out can still be part of a healthy lifestyle. Being mindful of portion sizes and food choices is key, as some meals such as burgers, fried foods and rich takeaway dishes can be very high in calories.<sup>2</sup>

## Stay active for long-term weight management



Reducing calories helps with weight loss, but physical activity is essential for keeping weight off long-term. Being active helps your body burn energy and supports overall health. Aim for:<sup>2</sup>

- ◆ At least 30 minutes of activity, 5 days a week

If that feels like too much, remember:

- ◆ Any activity is better than none
- ◆ Even 10 minutes at a time is helpful

## Strategies for long-term weight loss

Weight loss is more successful when healthy eating and activity are supported by other habits, such as:<sup>2</sup>

- ◆ Setting realistic goals, as losing just 3%–5% of body weight can improve health
- ◆ Eating slowly and mindfully, without distractions such as TV
- ◆ Avoiding situations that make overeating more likely
- ◆ Getting support from family and friends to stay motivated
- ◆ Tracking progress

Remember, weight management is not about perfection. It is about building habits you can maintain for life. Small, consistent changes over time can lead to lasting weight loss and better overall health.

### References:

1. Obesity. Available from: <https://my.clevelandclinic.org/health/diseases/11209-weight-control-and-obesity/>. Accessed on: 13 February 2026.
2. Obesity treatment. Available from: <https://www.nhs.uk/conditions/obesity/treatment/>. Accessed on: 13 February 2026.

