

## Weight management

It is a good idea to find out what your healthy weight should be. Your healthy weight will vary depending on your height and gender, and also on your build. You can use an online tool such as the [NHS Body Mass Indicator \(BMI\)](#) to check if your weight is a healthy one for you.

---

### Why should I manage my weight?

Being over weight can really effect your health and wellbeing. It can create or worsen other health conditions including;

- [Heart attacks](#)
- [Cancer](#)
- [High Blood Pressure](#)
- [Type 2 Diabetes](#)
- [Depression](#)
- [Stroke](#)
- [Heart Disease](#)

Putting on weight or losing weight rapidly can also be an indicator of other medical conditions such as [thyroid problems](#). If you are worried about your weight please [speak to your doctor for advice](#).

More information about weight problems can be found on the [NHS.UK](#).

The NHS has a [free online weight loss plan](#), which is designed to help you lose weight safely and keep it off.

The weight loss plan features:

- promotes safe and sustainable weight loss
- learn to make healthier food choices
- get support from an online community
- a weekly progress chart (view sample PDF, 545kb)
- exercise plans to help you lose weight
- learn skills to prevent weight regain

The plan is designed to help you lose weight at a safe rate of 0.5kg to 1kg (1lb to 2lb) each week by sticking to a daily calorie allowance.

[Public Health England](#) have produced a booklet called [‘Active at Home’](#) to support older people

and those who are shielded to be active and healthy at home.

---

## Local Help and Support

**Ways to Wellness** service helps people in the West of Newcastle to manage their long-term health conditions, through activities such as:

- Getting involved in local groups and activities
- Accessing specialist services and support
- Healthy eating and getting more active
- Getting support around benefits and welfare rights

**Healthworks** can support you to lead a healthier life; from being more active, to eating healthily, giving up smoking, managing diabetes and improving your mobility.

More information about things you can do to improve your fitness can be found on the following articles on Information Now:

- [Fitness](#)
- [Benefits of being physically active](#)
- [10 Tips for Good Health](#)
- [Healthy Eating and Drinking](#)
- [Giving up Smoking](#)
- [Swimming Pools in Newcastle](#)
- [Leisure Centres in Newcastle](#)

Last updated: June 25, 2020

---

## Useful Organisations

### Food Nation

**Email:** [info@foodnation.org](mailto:info@foodnation.org)

**Website:** [www.foodnation.org](http://www.foodnation.org)

**Telephone:** 0191 276 0595

**Address:** 28 Hawthorn House, NE6 1SD

### Healthworks

**Email:** [enquiries@hwn.org.uk](mailto:enquiries@hwn.org.uk)

**Website:** <https://www.healthworksnewcastle.org.uk>

**Telephone:** 0191 272 4244

**Address:** West End Health Resource Centre, NE4 8BE

## NHS

**Website:** [www.nhs.uk](http://www.nhs.uk)

**Telephone:** 0191 272 4244

## Ways to Wellness

**Email:** [info@waystowellness.org.uk](mailto:info@waystowellness.org.uk)

**Website:** <http://waystowellness.org.uk>

**Telephone:** 0191 208 6555

**Address:** 2nd Floor, Biomedical Research Centre,, NE4 5PL

## Public Health England

**Website:** <https://www.gov.uk/government/organisations/public-health-england>

**Telephone:** 0300 303 8395

---

## Related Articles

[Cancer](#)

[Stroke](#)

[Diabetes](#)

[Heart disease](#)

[High Blood Pressure \(Hypertension\)](#)

[Thyroid Problems](#)

[Depression](#)

[Benefits of being physically active](#)

[Healthy eating and drinking](#)

[Fitness activities](#)

[Leisure Centres in Newcastle](#)

## Swimming Pools in Newcastle