

Thinking About Losing Weight

Losing weight involves making some changes to your diet and activity levels. When people start to think about losing weight it can be helpful to think about the advantages and disadvantages of changing your eating habits and activity levels. Doing this can help motivation by considering the reasons why you want to lose weight as well as identifying barriers to losing weight that may need to be considered and overcome.

Make your own list below, and consider aspects of your lifestyle that affect you.

<p>Advantages about changing: <i>eg. More energy</i></p>	<p>Disadvantages of changing: <i>eg. Missing out on takeaway meals</i></p>
<p>Advantages about not changing: <i>eg carry on eating the foods I enjoy</i></p>	<p>Disadvantages of not changing: <i>eg Health might suffer</i></p>

Having filled this in, how would you say you feel about losing weight: