

## Healthy Eating and Weight Loss during Covid-19

We recognise that many of you will want to stay healthy or lose weight during the current crisis, we are therefore recommending **NHS ONE YOU** ([www.nhs.uk/ONEYOU](http://www.nhs.uk/ONEYOU)) as a source of support on losing weight (12 week online weight loss programme), being active, sleep, stress and mental wellbeing while staying at home.

Other information you might find useful to support yourself at home includes:

### Recipes:

NHS Easy Meals app (iOS, Android),

BDA Lets Get Cooking (<https://www.bda.uk.com/food-health/lets-get-cooking.html>),

Diabetes UK (<https://www.diabetes.org.uk/guide-to-diabetes/recipes>)

### For Activity Outside:

NHS Couch to 5K app (iOS, Android),

NHS Active 10 (iOS, Android)

### For Activity at Home:

NHS Fitness Studio (<https://www.nhs.uk/conditions/nhs-fitness-studio/>),

NHS One You – Move More (<https://www.nhs.uk/oneyou/for-your-body/move-more/>)

### For Understanding:

The Compassionate Mind Approach to Beating Overeating (available from [www.amazon.co.uk](http://www.amazon.co.uk))

**For Feeling Calm:** Headspace app (iOS, Android), Calm app (iOS, Android)

**For Ongoing Support:** Second Nature\* (more info at [www.secondnature.io](http://www.secondnature.io))

*\*requires a subscription for full access*

The team will be sending out regular e-mails with useful information to support your healthy lifestyle efforts during this difficult time. If you would like to receive these e-mails please contact the team on [Obesity.Team@bthft.nhs.uk](mailto:Obesity.Team@bthft.nhs.uk) and we can add you to our mailing list.