

## Welcome to your week two activity sheet!

Now that you're into the second week of your programme, it's a good time to think about your energy balance, and how small changes in your day can tip your energy balance towards your weight loss goals. Remember, weight loss happens when energy out (physical activity and basal metabolic rate) exceeds energy in (calories from food and drink).

1. Putting exercise to one side, there are lots of ways we can move throughout the day. What are your current energy out activities? For example, housework, climbing stairs, carrying shopping to the car

2. How can you incorporate more of these energy out activities into your day? For example, could you do some housework in the ad breaks while watching TV, or park your car further away from the supermarket?

Our energy balance also depends on our energy *in*. In other words, our food and drink intake throughout the day. Sometimes we may eat even though you are not particularly hungry. We may do this out of habit or to cope with difficult emotions, for example.



3. Can you think of any food or drinks that are contributing to your energy in that aren't really required? Write down what you have and why below. For example, mid-afternoon biscuits (for an energy boost), glass of wine before bed (to relax).

4. Can you think of an alternative activity to try instead of eating or drinking at these times? For example, instead of having a glass of wine to relax, could you have a bath? If you have biscuits to give you an energy boost, could you do some stretches or get 5 minutes of fresh air instead?

Eating mindfully means taking your time and paying attention to what you eat with all 5 sense. It helps us to recognise whether we are actually hungry, enjoy our food more and stop eating when we are full.

5. Can you think of any occasions when you aren't focusing on the food you're eating? How could you change this? For example, if you currently eat lunch in front of your work desk or scrolling on your phone, could you take your lunch to a break room away from screens?

