

FRESH START

Tier 3 Specialist Weight Management Service

Sessions Summary

**Department of Nutrition and Dietetics,
St George's Hospital**

Group education summary

The Fresh Start programme will consist of group sessions, with the option of a one-on-one programme in very exceptional circumstances. Dietitians, Psychologists and Physical Activity Specialists will lead twice monthly group education sessions, which will be given either face-to-face or virtually.

Each session can last up to two hours, with a total of 12 sessions offered over the course of the six-month programme. These sessions will provide you with practical advice on how to improve your diet and physical activity levels, as well as psychological support to assist you in making lifestyle changes.

Each education session will be followed by a physical activity session lasting 30 minutes.

What topics will be covered in each of the sessions?

Session 1: Energy balance, goal setting and monitoring progress

In this session we shall be giving you an overview of the Fresh Start Programme.

We will discuss the importance of goal setting and will guide you towards setting your own nutrition related goals, as well as how you can track your progress throughout the weight loss process.

Don't be frightened that it's going to take time to get to your ideal weight as this will have big health benefits.

Session 2: Planning ahead

First things first - what should a healthy balanced menu look like?

In this session we will highlight the importance of menu planning and the benefits of making a meal plan.

Together we will discover how a shopping list can help us to meet our goals. We will offer you tips for healthy meal preparation as well as discussing healthy recipe ideas.

Session 3: Portion sizes

A healthy, balanced diet means eating the right types of food and making sure you're getting the right amounts. Eating too much or too little of anything can negatively impact your health.

In this third session we will be discussing food portion sizes for weight management and the various ways to measure them. It is important to be aware of individualised portion sizes to learn how to ensure these don't creep up over time.

Session 4: Mindful eating

In this session we hope to provide you with an understanding of what mindful eating is and how to practise it. We will be discussing topics such as hunger and cravings and how we can differentiate them.

By learning to eat mindfully you can begin to really savour and appreciate the joy of eating and also to learn to eat the right amount, which should help you in losing weight.

You will gradually discover that mindful eating is simple, but don't worry, as with anything new, it can take a little practice at the beginning.

Session 5: Eating triggers, managing triggers and unhelpful thinking

In session 5 we will be discussing eating triggers. By identifying and understanding eating triggers we hope to provide you with the right tools to manage these so that you can achieve weight loss success.

Positive or negative self-talk can be very powerful. We will investigate unhelpful thinking and self-sabotage factors to help you swap negative thoughts to more helpful ways of thinking.

Session 6: Exercise

Regular exercise can improve your physical and mental well-being. In this sixth session you will learn about the benefits of exercise and how to overcome barriers you might face throughout your weight loss journey.

Exercise has very positive effects on eating behaviour. Together we will discover the exercise guidelines, how to track your progress and how you can work to achieve these recommendations.

Session 7: Food labels

Food labelling can help us make an informed decision when shopping or cooking, however understanding food labels can feel challenging. Nutrition labels can be used to help you choose products that fit into a healthy, balanced diet. In this session we will be discussing how to read a food nutritional label and how to make healthier choices based on food labels.

Session 8: Recipe adaptations and calorie swaps

In this session we will be looking at recipe adaptations and how to modify some of our favourite and traditional recipes for healthier alternatives. Including more fibre, fruits and vegetables and less saturated fat, added sugars, added salt and overall less calories to meals should help to prevent over consuming and ultimately help you to achieve weight loss.

Remember: You don't have to stop it – just swap it.

Session 9: Takeaways and eating out

Food prepared outside of the home tends to be less healthy than home cooking, particularly in terms of energy, salt and fat content. Regularly eating takeaways or dining out in restaurants has been linked to poorer diet quality, which can negatively impact our weight. That said, fast food does not always have to be unhealthy.

In session 9 we will explore how you can make healthier choices when eating out or having a takeaway.

Session 10: Alcohol

Today we will be discussing the impact of alcohol on your health. Together we will discuss the recommended guidelines to give you a better understanding of what a unit of alcohol is. We will explore the energy and nutritional value of various alcoholic drinks and how this can impact your weight.

Session 11: Bariatric surgery

Weight loss surgery may be explored in a small proportion of patients.

Session 11 will explore the types of Bariatric surgery that are undertaken within our hospital. Some other aspects will be discussed such as expectations from before and after surgery, key dietary and lifestyle changes and a brief overview of the pre- and post-operative diet.

Session 12: Maintaining weight loss and lifestyle changes

In this last session we will take a moment to reflect on everything that you have learned and achieved over the past six months. Together we will identify how to maintain your behaviour changes and weight loss, as well as explore high risk situations you might find throughout the programme and how to overcome these.

Contact us

If you require any additional information about the service, please telephone the service on **020 8725 1022** or email SGH.Tier3@stgeorges.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk



NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

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