

Simply Walk... your way to better health

(Wycombe, South Bucks, the Chilterns & Aylesbury Vale)

Improve your health and meet new friends with Simply Walk—it's simple, easy and free! See the leaflets in the surgery or contact Simply Walk on:

Tel: 01494 475367

Email: simplywalks@buckscc.gov.uk

Web: www.buckscc.gov.uk/rights_of_way

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Thame Health Walks

- Health Walks are suitable for all abilities and ages and can improve muscle and bone strength.
- Help lower blood pressure.
- Strengthen heart and lungs.
- Help with weight loss.
- Reduce stress and make you feel good.

See the leaflets in the surgery or contact the Health Walk Co-Ordinator on:

Tel: 01491 823135

Fax: 01491 823201

Email: leisure@southoxon.gov.uk

Web: www.southoxon.gov.uk/ccm/navigation/health-and-social-care/health-walks

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Thame U3A Walking Group

Tel: 01844 208637

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Sports Centres

Racquets Fitness Centre

North Street

Thame

Oxon

OX9 3TH

Tel: 01844 261754

Email: info@racquets-fitness-centre.com

Web: www.racquets-fitness-centre.com

Thame Leisure Centre

Oxford Road

Thame

Oxon

OX9 2BB

Tel: 01844 215607

Fax: 01844 216927

Web: www.soll-leisure.co.uk

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The internet can also be a useful source of information:

Food standards agency:

www.eatwell.gov.uk

Department of Health:

www.nhs.uk/change4life

Patient UK:

www.patient.co.uk

The Rycote Practice Thame Health Centre

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OBESITY

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**The Rycote Practice
Thame Health Centre, East Street,
Thame OX9 3JZ**

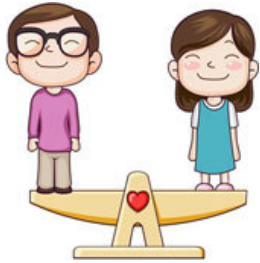
T: 01844 261066

F: 01844 260347

W: www.therycoteppractice.co.uk

Introduction

- ◆ What is obesity?
- ◆ Definition of obesity
- ◆ What are the health risks?
- ◆ Where can I get help?



What is obesity?

To be obese means a person who is carrying too much body fat for their height and gender.

Key fact: In 2007 24% of adults (aged 16 or over) in England were classified as being obese. This has increased by 15% in the previous 4 years.

Definition of obesity

The Department of Health suggests using the Body Mass Index (BMI) as a method of evaluating if a person is under or overweight. You can find your own BMI by following this calculation:

- 1) Find out your height in metres and multiply the number by itself. That gives you your height squared.
- 2) Find out your weight in kilograms and divide that number by your height squared.
- 3) The final number is your BMI.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m) x height (m)}}$$

BMI	Classed as	Health risk
Less than 18.5	Underweight	Some health risk
18.5 to 24.9	Ideal	Normal
25 to 29.9	Overweight	Moderate health risk
30 to 39.9	Obese	High health risk
40 and over	Very obese	Very high health risk

You could also measure your waist to establish whether you are carrying too much weight. Take care to measure your waist in the right place, halfway between your lowest rib and the top of your hip bone.

	Increasing risk to health	Risk to health
Women	Greater than 32" (80cm)	35" (88cm) or more
Men	Greater than 37" (94cm)	40" (102cm) or more

What are the health risks?

- ◆ Diabetes
- ◆ Heart disease
- ◆ Stroke
- ◆ Osteoarthritis
- ◆ High blood pressure
- ◆ Depression

Where can I get help?

Local facilities available in the area include:

Weight Management Groups (patient funded)

Slimming World

Mondays
Thame Barns Centre (5.30pm & 7pm)
Church Road
Thame
Oxon OX9 3AJ
Tel: 01844 354483
www.slimmingworld.com

WeightWatchers

Mondays at 6:30pm
Chinnor Rugby Football Club
Kingsey Road
Thame
Oxon OX9 3JL
Tel: 0845 345 1500

Tuesdays at 9:30am and 6:30pm
Thame Barns Centre
Church Road
Thame
Oxon OX9 3AJ
Tel: 0845 345 1500
www.weightwatchers.co.uk

Rosemary Conley Diet & Fitness Club

Mondays 6:30pm-8:00pm
Longburrow Hall
Park Lane
Stokenchurch
Bucks HP14 3TQ
Contact: Adele Howlett
Tel: 01494 538929
www.rosemaryconley.com