

# The basics

## A healthy weight



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This leaflet can be viewed in large format as a PDF.  
Call NAM on 020 3242 0820.



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### Notes

### Want to find out more?

**For more information on this topic:**

- visit the NHS website at [www.nhs.uk/livewell/goodfood](http://www.nhs.uk/livewell/goodfood);
- read our 'Nutrition' booklet; or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

**For more information about HIV**

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at [www.aidsmap.com/resources](http://www.aidsmap.com/resources). You can get answers to common questions at [www.aidsmap.com/hiv-basics](http://www.aidsmap.com/hiv-basics) and find local services at [www.aidsmap.com/e-atlas](http://www.aidsmap.com/e-atlas).

**Contact us** by calling 020 3242 0820 or by sending an email to [info@nam.org.uk](mailto:info@nam.org.uk)

**Has this resource been useful to you?**

Please let us know what you think by visiting our website at [www.aidsmap.com/feedback](http://www.aidsmap.com/feedback), phoning us or sending an email to [info@nam.org.uk](mailto:info@nam.org.uk). Your feedback helps us to improve the services we offer you.

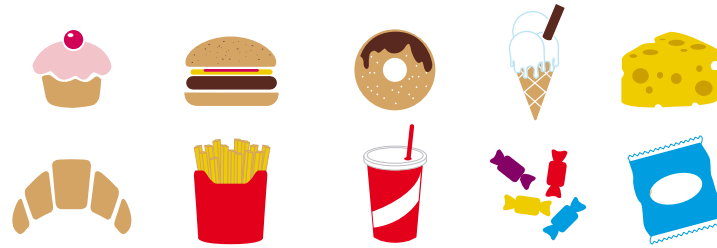
You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

**We recommend that you discuss the information in this leaflet with a doctor or other health worker.**

**A balanced diet and regular exercise will help you reach and maintain a healthy weight.**

**1 There are usually two reasons why people put on too much weight.**

- Eating too much food (especially foods with a lot of sugar or fat).



- Not doing enough physical activity.

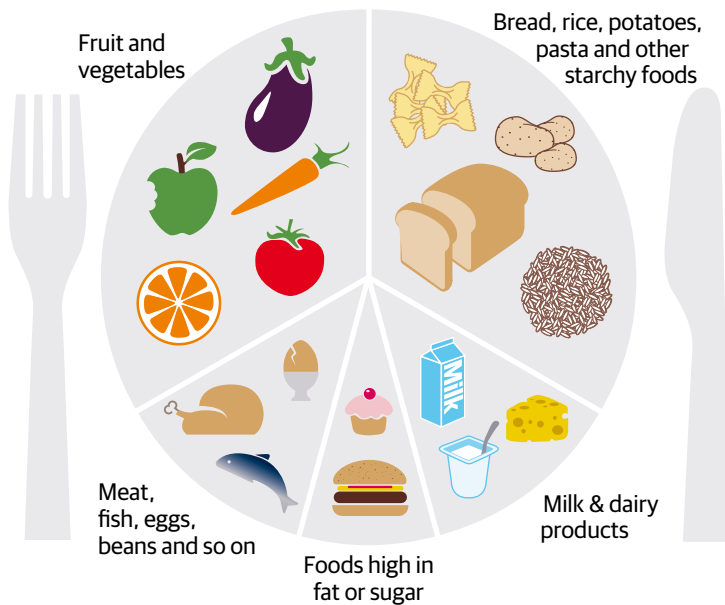


**2 Modern anti-HIV drugs rarely make people fat.**

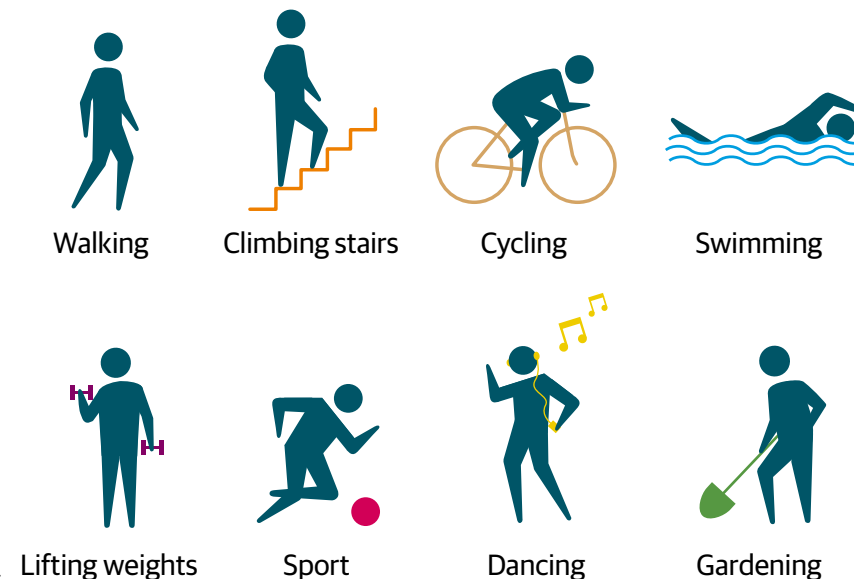
Anti-HIV



**3 People with HIV can usually follow the same healthy eating advice as everyone else. Try to eat a balanced diet.**



**4 Adults who want to lose weight need 45 to 60 minutes of physical activity every day.**



**Important points**

- Most people need to eat less of the foods which are high in fat or sugar.
- You can incorporate physical activity into your daily life (for example by walking instead of driving or taking the bus).
- Modern anti-HIV drugs rarely make people fat.