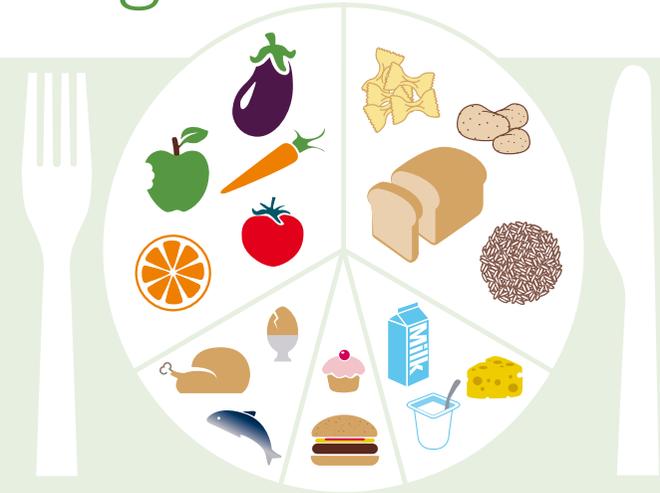


The basics

A healthy weight



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Charity number 1011220

With thanks to the staff and service users at the following organisations, for the feedback that shaped these resources: Africa Advocacy Foundation, African Culture Promotions, Community Health Action Trust, Ernest Foundation, Ffena (African Health Policy Network), HIV Health Trainers (Terrence Higgins Trust), First Point (Metro Centre), Positive Care Link, Salem Health Project, Widows and Orphans International.

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



This organisation has been certified as a producer of reliable health and social care information.
www.theinformationstandard.org



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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;
- 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. You can get answers to common questions at www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 3242 0820 or by sending an email to 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, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

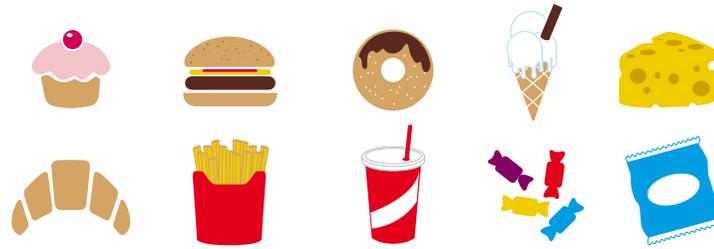
You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

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

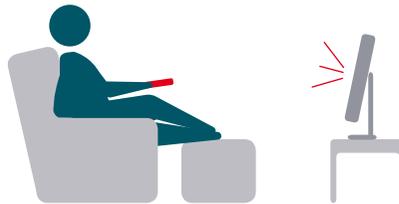
A balanced diet and regular exercise will help you reach and maintain a healthy weight.

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.

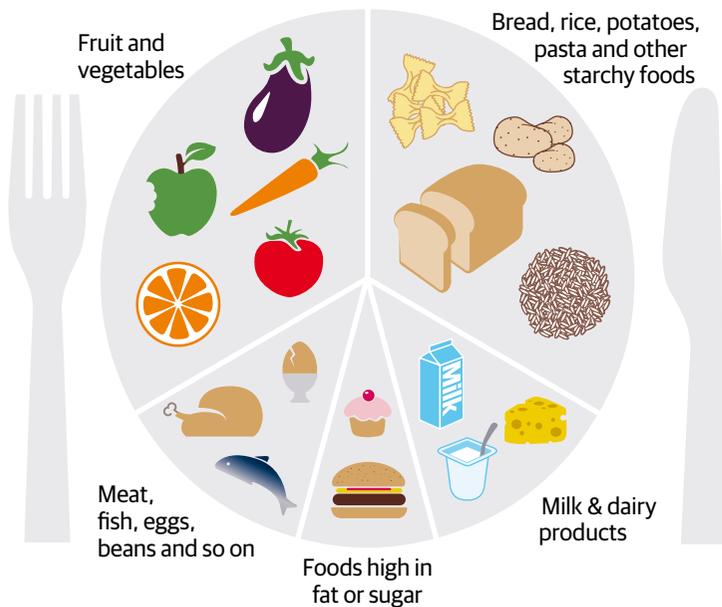


2 Modern anti-HIV drugs rarely make people fat.

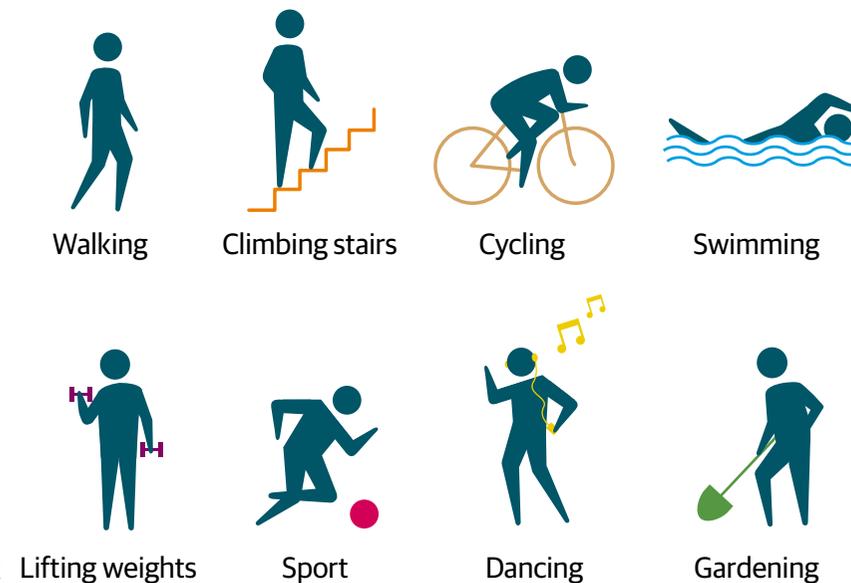
Anti-HIV



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.