

NAM

Registered office:

Palladium House

1-4 Argyll Street

London W1F 7LD

T +44 (0) 20 3727 0123

W www.aidsmap.com

E info@nam.org.uk

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If you would like to support our work and help us to continue to provide resources like this one, please donate today at

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Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

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The basics

A healthy weight

For more information on this topic

- ☐ Read our **'Exercise'** page.
- ☐ Read our **'Nutrition'** booklet.

For information in other languages

- ☐ Visit www.aidsmap.com/languages

For more information about HIV

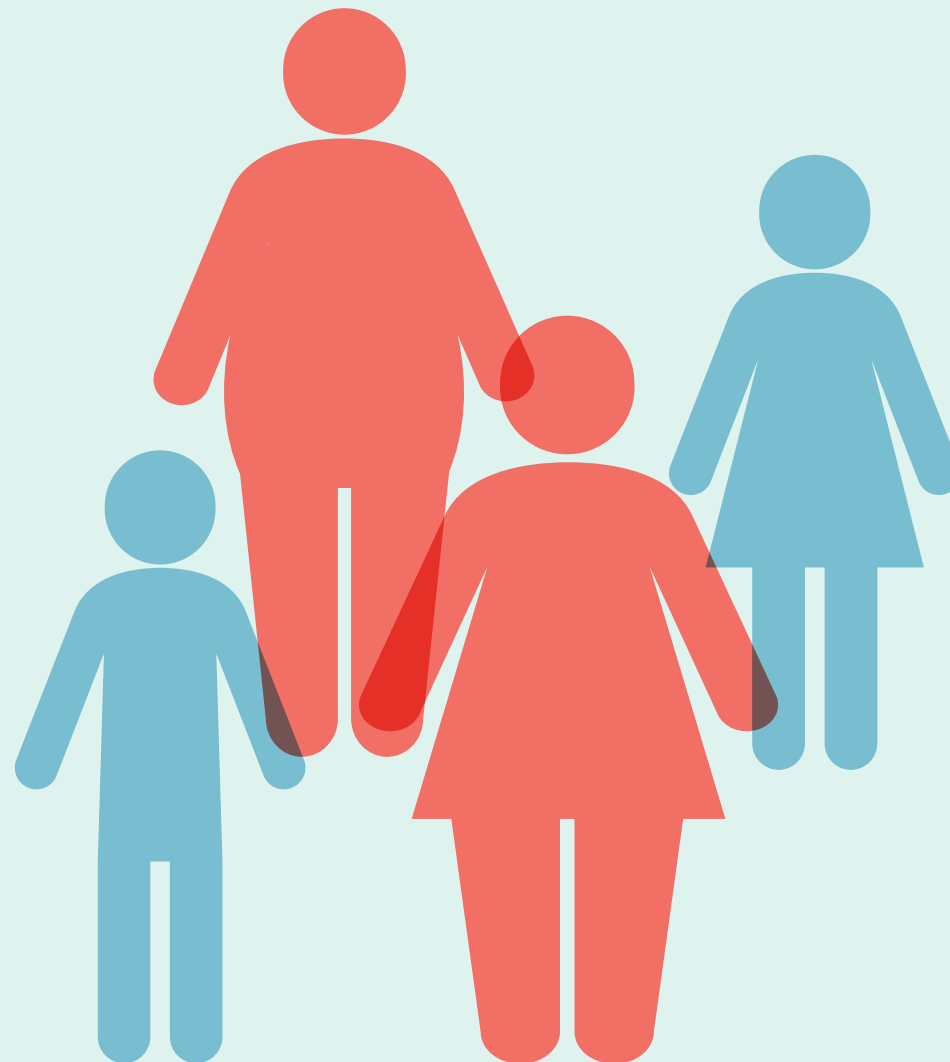
- ☐ Visit our website www.aidsmap.com
- ☐ Speak to an adviser at THT Direct **0808 802 1221**

Has this leaflet been useful to you?

Please let us know what you think. Your feedback helps us to improve the services we offer.

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.

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

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



- 2 Not doing enough physical activity.**



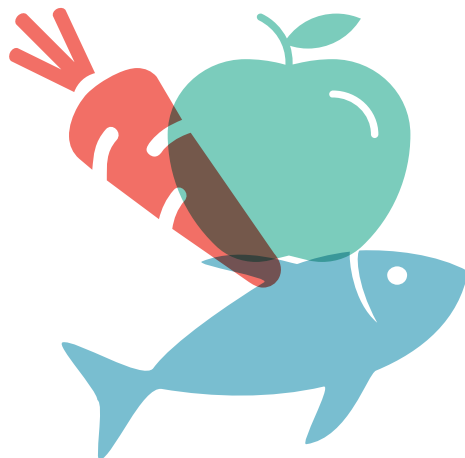
Some people also put on some extra weight after starting HIV treatment. This may be due to a general improvement in health. It may be linked to specific anti HIV drugs.



Weight gain may increase your risk of diabetes, heart disease or cancer. Maintaining a healthy weight limits this risk, especially if you are older.



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



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).