

COUNTERweight[®]-PLUS

A NON SURGICAL WEIGHT MANAGEMENT SOLUTION

Aim: 15kg or 2½ stone or 33lb weight loss

for people with a Body Mass Index (BMI) $\geq 28\text{kg/m}^2$ with Type 2 diabetes
OR a BMI $\geq 30\text{kg/m}^2$ (BMI is a common way to measure obesity)



A WEIGHT MANAGEMENT SOLUTION

If you have found losing weight and keeping it off difficult, you are not alone. Millions of people in the UK struggle with the same problem. Reasons include:

- sometimes programmes focus only on weight loss, with little emphasis on how people gain weight in the first place and the skills needed to address weight management
- unrealistic or unachievable weight loss targets are set
- the weight loss goal does not meet the weight loss expectations of the individual

Remission of Type 2 Diabetes

Sustained weight loss of more than 15kg can help normalise glucose and insulin leading to remission of type 2 diabetes in many people.

COUNTERWEIGHT-PLUS encourages weight loss of at least 15kg (or 15% loss for people above 100kg), and then focuses on the skills needed to keep weight at this new lower level. The first stage involves taking a Total Diet Replacement (shakes and soups). This is followed by Food Reintroduction, whereby shakes and soups are reduced and foods and drinks are gradually introduced back into your daily intake. Thereafter you will be supported on how to keep the weight off for good. The whole programme aims to teach you how to manage your weight by making permanent changes to your eating habits and activity levels. There is also an option to take a weight loss medication which can help you remain at your new lower weight.

Our research shows that on average those who complete the first 3 months of **COUNTERWEIGHT-PLUS** achieve 16.9kg (just over 2½ stone) weight loss.

YOU CAN START COUNTERWEIGHT-PLUS IF YOU

- are aged 18-75 years

AND

- Body Mass Index (BMI)† Caucasian $\geq 30\text{kg/m}^2$ or $\geq 27\text{kg/m}^2$ with Type 2 diabetes
Asian $\geq 28\text{kg/m}^2$ or $\geq 26\text{kg/m}^2$ with Type 2 diabetes

AND

- are ready to lose weight

AND

- do not have any medical condition that contraindicates a Total Diet Replacement*

* Your Counterweight Practitioner will advise you on this

† Ask your practitioner what your BMI is or take your weight in kg, divide by your height in metres then divide the resulting figure by your height in metres again: this gives your BMI

COUNTERWEIGHT-PLUS PROGRAMME STRUCTURE

COUNTERWEIGHT-PLUS offers a 12 month structured programme as follows:

SCREENING

One appointment, check programme is suitable for you

TOTAL DIET REPLACEMENT (12 weeks)

Total Diet Replacement (shakes and soups)
800+ calories per day (**Counterweight PRO800**)
Seven appointments (weekly or two weekly)

FOOD REINTRODUCTION (12 weeks)

Gradual introduction of portion-controlled balanced meals
Total Diet Replacement reduced as meals are introduced
Option to take weight loss medication
Six appointments (two weekly)

WEIGHT LOSS MAINTENANCE (6 months)*

All nutrition from food and drink
Focus on maintaining lifestyle changes and preventing regain
Option to take weight loss medication
Six to eighteen appointments (monthly)*

* Depending on local services, monthly appointments are recommended for ongoing support for Year 2 of the programme. However, this is optional.

COUNTERWEIGHT-PLUS is the most successful diet I have ever been on. I have tried various diets over the years without success. With the encouragement of my Counterweight Practitioner, Practice Nurse, friends and family I have managed to stick to **COUNTERWEIGHT-PLUS**. I now have a better quality of life. Before I could not walk any distance without being short of breath and having to stop constantly, now I walk for miles and go to the gym. I have also stopped my diabetes medication, and both my blood glucose and blood pressure are normal'

James, Counterweight-Plus customer, Highlands, Scotland

WHAT DOES COUNTERWEIGHT-PLUS OFFER?

Support from a trained Health Professional

Your Counterweight Practitioner will be with you every step of the way to help kick start your weight loss and improve your eating and activity behaviours to keep the weight off for good.

A structured programme with

- 20 appointments over 12 months. The appointments could be in a group or one-to-one. They could be face-to-face (in person) or remotely (by telephone or computer)
- additional support as required (appointments/telephone/email)
- written educational and support materials provided to you at each stage of **COUNTERWEIGHT-PLUS**
- access to shakes and soups (Counterweight Pro800 products)

Appointments with your Counterweight Practitioner

At each appointment your Counterweight Practitioner will discuss a series of interactive written educational materials.

Topics include:

- goals and expectations
- keeping a Daily Living Diary and monitoring your weight
- advice on taking the shakes and soups and dealing with challenges
- goal setting and guidance on amounts and types of foods and drinks
- healthy eating and snacking
- advice on being active during all stages of **COUNTERWEIGHT-PLUS**
- understanding food labels, healthy shopping, cooking and eating out
- eating habits and emotions
- alcohol and weight

SO, ARE YOU READY TO LOSE WEIGHT FOR GOOD?

This is an important question. Successfully managing your weight isn't about going on a short-term "diet", and then regaining the weight you've lost like 95% of dieters. Successfully managing your weight is about making long-lasting eating and activity behaviours that you can stick with. To help you decide if you are ready to lose weight, consider the pros (advantages) and cons (disadvantages) on a practical level. You are more likely to keep going with changes when you feel the pros are more important than the cons.

Use the Pros and Cons Table to help you decide

Pros (Advantages)	Cons (Disadvantages)
<p>Good things that will happen if I lose weight</p> <p><i>E.g. I will be more mobile and less out of breath</i></p>	<p>Things that will get in the way of me losing weight</p> <p><i>E.g. I work full time and have a busy family life</i></p>

If you have more comments in the 'Pros (Advantages)' box, this suggests you are ready to lose weight. Now consider how you will deal with the things which may get in the way of you losing weight, an important part of the journey.

HOW COMMITTED ARE YOU?

Importance and Confidence Scales

COUNTERWEIGHT-PLUS is for individuals who are committed to making long lasting changes to their eating and activity behaviours. Take the importance and confidence self-rating tests below to see how ready you are to start **COUNTERWEIGHT-PLUS**.

Importance self-rating

How important is it for you to lose weight right now?*

1	2	3	4	5	6	7	8	9	10

My importance rating is

1 = Not at all important

10 = The most important thing in my life

* If you have type 2 diabetes also ask yourself how important it is to improve my blood sugars and reduce my diabetic medication?

Importance self-rating score

8 -10 You're really keen to get started. In fact, you might already be planning changes to manage your weight.

6 -7 You feel it's important to make changes but other issues in your life share equal importance. That's okay. Have a think about why you want to manage your weight at the moment. What would it mean for you to be able to lose some weight and keep it off in the next couple of years? It might help to deal with other issues first before you decide on making changes to manage your weight. Go back to the Pros and Cons Table to check if you're really ready.

3 -5 This probably isn't the right time for you to start a weight management programme as other issues seem more important to deal with first. So, give it some time then re-take this test scale in a few months to check how you feel then.

Less than 3 Losing weight may not be something you want to tackle right now. If you don't think it's important to manage your weight, this isn't the programme for you.

CONFIDENCE SELF-RATING

How confident are you in achieving your goals?

Answer this question by writing a number from 1-10 in the space below using the following scale as a guide.

1	2	3	4	5	6	7	8	9	10
My confidence rating is									

1 = Not at all confident that I will achieve my goal

10 = Totally confident that I will achieve my goal



You're ready to get started if you think it's very important to make changes to your weight. Whatever your confidence self-rating score, as long as you think it's important to make changes to your weight your confidence will grow as you work through the programme.

Remember that this programme takes a different approach. **COUNTERWEIGHT-PLUS** helps you overcome situations that have stopped you losing weight before. **COUNTERWEIGHT-PLUS** helps you to avoid putting weight back on, this is often a reason for people's confidence being low. Your confidence in managing your weight will grow as you work through **COUNTERWEIGHT-PLUS**.

If you have type 2 diabetes weight loss should also improve your blood sugar levels and reduce your diabetic medication and possibly result in remission of diabetes

SO WHAT'S NEXT?

If you are serious about taking control of your weight, book an appointment today.

MORE INFORMATION

For more information about **COUNTERWEIGHT-PLUS** contact your Counterweight Practitioner:

Name

Phone

Email



www.counterweight.org