

Getting results? fact sheet

Everyone will have different goals and achieve different results, depending on their current lifestyle, health and bodyweight. When you've been eating well and doing more physical activity for a while, you'll start to feel the difference.

Your achievements

You may be aiming to prevent weight gain, or lose weight, or simply wanting to improve your lifestyle. Depending on your goal, following the guidelines on this website can lead to any of the following achievements:

- **Improvements in lifestyle.** You're eating well and being more active, so you're probably feeling happier, healthier and more energetic.
- **Maintain a healthy weight.** Preventing weight gain can be a positive outcome.
- **Reduction in waist size.** If you needed to lose weight, this is a great achievement and there's likely to be improvements to your health such as lower blood pressure or lower cholesterol levels.
- **Initial weight loss but some gradual regain.** The gradual weight regain after initial weight loss is very common, and sometimes unavoidable. Just keep up the good eating and physical activity to help reduce risk of serious illness.
- **Weight loss stays off long term.** Very few people are able to maintain substantial long term weight loss - so don't be put off if you haven't. If you have kept it off, terrific! Keep eating well and being active to feel great and get more out of life!