

Healthier weight resources for adults

Your tools for change

Making changes to what you eat or your activity levels can be life changing and there are lots of tools out there to help you reach your goals. Some people find using an app or digital resource a helpful source of motivation and support. If this form of support is for you, below are a range of online resources.

You can choose to use these by yourself, with the support of a friend or alongside other help that you are receiving.



Physical Activity Resources

NHS One You

Plenty of online resources here to help you incorporate more movement in your day.

Activity Alliance

Resources to support physical activity for adult disability.

Active 10

Free and easy walking tracking app that monitors your walking and supports you to increase the intensity to benefit your health.

Map My Run

Log any kind of workout and get feedback on duration, distance, pace and more.

Couch to 5K

Grab your trainers and follow the step-by-step audio instructions to get from the couch to running 5K in 9 weeks. You could work up to take part in a weekly Park Run in Guernsey.

Nike Training Club

A library of free workouts including flexibility, strength and cardio, ranging from 5 to 60 minutes and suitable for home, in the gym or outside.

British Heart Foundation

10-minute living room workout - A simple 10-minute workout which can be done from your living room.

Moving Medicine Bed based exercises

A booklet of bed-based exercises.

Moving Medicine Chair exercises

A booklet of seated exercises.

Moving Medicine standing exercises

A booklet of standing exercises.

Everybody Moves

Inclusive, easy to access online workouts.

Asics Movement for Mind

A coordinated and progressive programme consisting of 16, 30-minute sessions over 8 weeks helping you to be more aware of your body and mind. Options to walk or run.



Dietary Resources

NHS One You

Guidance, resources and support for losing weight, moving more and eating well.

Free NHS Weight Loss Plan

A 12-week programme using a smartphone app focusing on healthier eating habits and being active.

MyFitnessPal

A free food and activity tracker which can link with other popular fitness apps and provide support through an online forum & community.

Nutracheck

Customisable food diary and exercise tracker which uses a database of over 300,000 UK food products and barcode scanning. This app has a fee.

Counterweight

The leaders in long-term weight loss and type 2 diabetes remission - private service for support for weight management or diabetes remission.



Psychology Support

A series of psychology talks from NHS Greater Glasgow & Clyde Weight Management are designed to help you learn skills and techniques that with practice can help you to cope with areas that can affect your weight management. Topics include overcoming your inner critic, motivation for weight loss, stress and taking control of overeating.

NHS One You

Advice, practical tips and plenty of help and support if you're stressed, anxious, low or struggling to sleep.

Healthy Minds

A local service offering short-term therapeutic interventions for adults aged 17 plus who have mild to moderate anxiety and depression. Their website also links to other online resources.

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Local Support

Guernsey Mobility Lets Go

We are a small activity group that we started 8+ years ago. We meet up once a week to play activities like softball tennis, bowling, catch, discus and football. We have a Mini Olympics once a month to test our strength and our abilities.

We include people of any age and any ability and you don't have to be in a wheelchair to take part.

Guernsey Disability Swimming

A Guernsey company limited by guarantee set up to provide facilities to enable people with a range of disabilities to swim under a protective, secure environment in which coaching and close supervision is offered.

Weekly hire of Beau Sejour swimming pool for exclusive use by GDS for one hour commencing at 6.00pm. Volunteers are also on hand to take disabled swimmers from changing room to poolside where help is needed and to offer coaching when swimming.

Guernsey parkrun

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! Every Saturday at 9am.

Ramblers Wellbeing Walks

These walks are suitable for anyone who wants to get a little fitter with a group of like-minded people. Walks are free and take approximately half an hour, ending at various cafés where walkers are able to sit down for refreshments and a chat. Some walks change with the seasons in order to give an exciting change in scenery throughout the year.

Guernsey Walking Netball

Walking Netball is a slower version of the game we all love; it is netball, but at a walking pace. People enjoy Walking Netball for the fun, laughter and camaraderie the social session brings, as much as the health benefits on offer.

Guernsey Walking Football

Walking football can help people lose weight, help prevent loneliness and positively affect overall mental and physical health. Walking football has become increasingly popular over the last few years – and for good reason. Aimed at adults over 50 (although age inclusive), walking football has social, mental and physical health benefits.

Guernsey Sports Commission Directory

The Guernsey Sports Commission is a charitable organisation set up in 2004 that aims to promote physical activity and sport in Guernsey, Channel Islands.

We run a number of programmes throughout the year that provide participants of all ages the chance to take part in sport & physical activity. We anticipate that these opportunities will inspire participants to enjoy sport and the values attributed to it.

Scan this code to view all these resources with links online



<https://healthimprovement.gg/services/healthier-weight/healthier-weight-resources-adults>

If you are concerned about your weight or your health, it is important to seek advice from your GP before changing your eating or activity patterns.



Healthier Weight.

The Health Improvement Commission