



The Metaphorical Mountain



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Sometimes when we want to lose weight quickly we can make lots of changes to our lifestyle in a very short period of time.

We might do this by following a 'crash diet' or by following a particular diet/ exercise plan.

As a result of these rapid changes, we take the steepest route up the mountain and reach the top quickly – achieving our weight loss.

However it can be very difficult to maintain all these changes we have made and as we have taken the steepest approach we can fall back to the bottom of the mountain just as quickly as when we come off "the diet" or stop the "exercise plan".

Ultimately we can be in a position where we feel good in the short term but end up right back at the start of the mountain regaining weight.

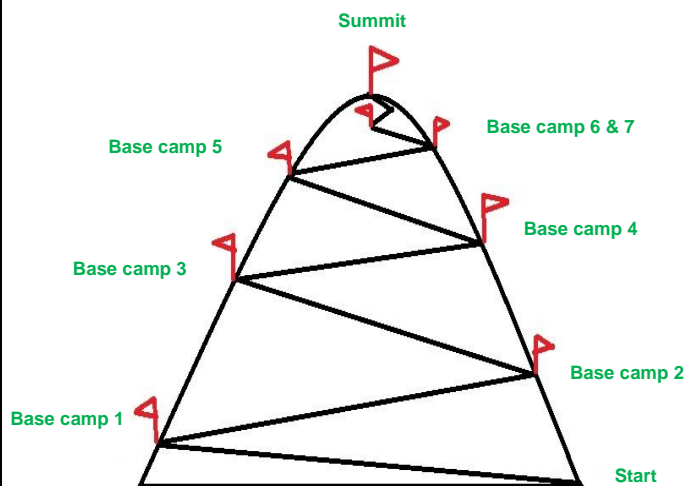
This experience can also knock our confidence and can affect our motivation to start again.

An alternative approach to the above is to take the slow and steady climb to the top of the mountain and instead of making lots of changes at once; we can set up "base camps" along the way.

It may take longer to reach the summit, but by setting base camps to reach more regular and achievable goals the changes are more likely to be sustainable.

Unlike the all or nothing approach, if you have a 'blip' or a relapse with your lifestyle changes you will not fall all the way to the bottom - you will just arrive at the previous base camp as some of the changes you have made are now habits.

When you are ready you can start to move forward again.



There are many advantages to taking the slow and steady route:

- It allows us to see progress.
- It can build confidence by giving us a feeling of achievement on reaching our goals.
- It can motivate us as it gives us something achievable to work towards.

- It allows us to repeat success in the future as we can remember what helped us to progress between the base camps
- It can help prevent us crashing from a blip as we can start again from the last goal rather than from the beginning.



If you require a special edition of this leaflet

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