

Weight management

It is a good idea to find out what your healthy weight should be. Your healthy weight will vary depending on your height and gender, and also on your build. You can use an online tool such as the [NHS Body Mass Indicator \(BMI\)](#) to check if your weight is a healthy one for you.

Why should I manage my weight?

Being over weight can really affect your health and wellbeing. It can put strain and stress on your joints and inhibit your ability to move easily and take part in activities. It can create or worsen other health conditions including:

- [Heart attacks](#)
- [Cancer](#)
- [High Blood Pressure](#)
- [Type 2 Diabetes](#)
- [Depression](#)
- [Stroke](#)
- [Heart Disease](#)

Putting on weight or losing weight rapidly can also be an indicator of other medical conditions such as [thyroid problems](#). If you are worried about your weight please [speak to your doctor for advice](#).

More information about weight problems can be found on the [NHS.UK](#).

Read the InformationNOW guide on [health eating and drinking](#).

Weight Loss Plans

[Oviva Weight Management](#) helps people living with obesity to manage their weight. In this 12 week programme, your coach will work with you to be more confident managing your health and help you to lead a healthier, happier lifestyle. If you are registered with a GP practice in Newcastle, complete the online form and one of the Oviva team will call you to organise your first phone appointment. The programme offers

- 1 to 1 support
- information about healthy eating
- peer group chats

- an app to manage your journey

The NHS has a [free online weight loss plan](#), which is designed to help you lose weight safely and keep it off.

The weight loss plan features:

- promotes safe and sustainable weight loss
- learn to make healthier food choices
- get support from an online community
- a weekly progress chart (view sample PDF, 545kb)
- exercise plans to help you lose weight
- learn skills to prevent weight regain

The plan is designed to help you lose weight at a safe rate of 0.5kg to 1kg (1lb to 2lb) each week by sticking to a daily calorie allowance.

[Public Health England](#) have produced a booklet called [Active at Home](#) to support older people and those who are shielded to be active and healthy at home.

Local Help and Support

[Healthworks](#) can support you to lead a healthier life; from being more active, to eating healthily, giving up smoking, managing diabetes and improving your mobility.

More information about things you can do to improve your fitness can be found on the following articles on Information Now:

- [Fitness](#)
- [Benefits of being physically active](#)
- [10 Tips for Good Health](#)
- [Healthy Eating and Drinking](#)
- [Giving up Smoking](#)
- [Swimming Pools in Newcastle](#)
- [Leisure Centres in Newcastle](#)

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Useful Organisations

Healthworks

Email: enquiries@hwn.org.uk

Website: <https://www.healthworksne.org.uk/>

Telephone: 0191 272 4244

Address: Health Resource Centre, NE4 8BE

NHS

Website: www.nhs.uk

Telephone: 0191 272 4244

Ways to Wellness

Email: info@waystowellness.org.uk

Website: <http://waystowellness.org.uk>

Telephone: 0191 816 3540

Address: Ways to Wellness, NE1 3RH

UK Health Security Agency

Website: <https://www.gov.uk/government/organisations/public-health-england>

Telephone: 0300 303 8395

Related Articles

[Cancer](#)

[Stroke](#)

[Diabetes](#)

[Heart disease](#)

[High Blood Pressure \(Hypertension\)](#)

[Thyroid Problems](#)

[Depression](#)

[Benefits of being physically active](#)

[Healthy eating and drinking](#)

[Fitness Activities](#)

[Leisure Centres in Newcastle](#)

[Swimming Pools in Newcastle](#)