



A Quick Guide For Managing Your Weight

Importance of maintaining a healthy weight

Being overweight can increase your risk of heart disease, diabetes and stroke. It can also worsen joint issues. Being overweight can worsen anxiety, depression and low self-esteem.

Am I a healthy weight?

Find out your BMI here:

<https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/>

Lifestyle Changes

- **Healthier food choices** – more protein, vegetables, wholegrains & healthy fats
- **The right portion sizes**
- **Mindful eating** – slow down & avoid distractions
- **Planning meals ahead**
- **Moving more** – 150 minutes of exercise per week (brisk walking/cycling for e.g) + strength training x2 a week
- **Reducing alcohol intake** – see the NHS drink free days app
- **Celebrate wins!** - more energy, better fitness, improved confidence

Tips

- Find something to do that you enjoy and will keep doing
- Make it social – get friends or family involved to keep you motivated
- Start small to build habits
- Be realistic and be flexible

Medical Options For Managing Weight Loss

There are several medical options for managing obesity, which can be suitable for specific, eligible patients whilst also adopting the recommended lifestyle changes.

Weight loss injections are only available through approved specialist weight management services or can be sourced privately. These are not something we can prescribe or take responsibility for the management of. We also cannot advise patients on their eligibility for such privately sourced medications. This may change in the future.

Tips For Weight Loss Injections

- **Check your eligibility for these injections**
- **Use registered and approved pharmacies only**– (Check GPhC or MHRA approval)
- **Avoid social media sellers** – many sell unsafe products for cheap
- **Expect a health assessment & expect to be asked to provide evidence of your weight** – ongoing monitoring and disclosure of your progress should be expected for future prescriptions.
- **Safe disposal of needles** – using a yellow sharps bin –local pharmacies may help dispose of these for you or speak to your local council for ‘clinical waste collection’ – there may be a charge. Do not bin needles into household waste or recycling – this is unsafe for you & others.
- **Notify your GP**
- **Lifestyle changes still matter** - Weight re-gain can occur when stopping the injections if you do not maintain healthy lifestyle changes

Medical Options For the Management Of Obesity

	Orlistat	Saxenda (Liraglutide)	WeGovy (Semaglutide)	Mounjaro (Tirzapeptide)
How they work	Blocks fat absorption in the gut	Mimics appetite hormones (GLP-1) reducing appetite & making you feel fuller, for longer	Mimics appetite hormones (GLP-1) reducing appetite & making you feel fuller, for longer	Mimics two appetite hormones (GLP-1 & GIP) via dual action, reducing appetite & making you feel fuller, for longer
Administration	Oral tablet, 3x a day with meals	Daily sub-cutaneous injection	Weekly sub-cutaneous Injection	Weekly sub-cutaneous Injection
Efficacy (weight loss %)	~5-10% at 1 year*	~8% at 1 year	~12-15% at 1 year	~15-22% at 1 year
Very Common Side effects	Diarrhoea, oily stools, gas/bloating	Nausea, vomiting, diarrhoea, heart burn, constipation, fatigue	Nausea, vomiting, constipation, heart burn, fatigue	Nausea, vomiting, diarrhoea, heart burn, fatigue
Possible Severe Side Effects	Gallstones, Diverticulitis, Pancreatitis, Skin reactions, allergic reaction	Pancreatitis, amyloidosis, reduced kidney function, allergic reaction	Gallstones, Pancreatitis, diabetic retinopathy, allergic reaction	Gallstones, Pancreatitis, allergic reaction

** This table provides a summary of commonly used weight loss medications but does not include all available information. Other treatments may be available, and we recommend discussing your options with your GP or a healthcare professional. These medications can reduce the effect of contraception, and some medications are not suitable in pregnancy or breastfeeding – please consult your provider/a healthcare professional for further advice. Please also contact your provider to check eligibility for the treatment.*

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Resources

1. NHS Weight Loss Plans

Also available via an app. A 12-week free plan & other weight loss plans
Further information here: <https://www.nhs.uk/better-health/lose-weight/>

2. Local Park Runs & Green Spaces

Local parks in Liverpool to help get moving
<https://liverpool.gov.uk/parks-and-greenspaces/park-runs-and-walks/>

3. Lifestyles – Local Gyms

A list of local available gyms for leisure and wellbeing
<https://liverpool.gov.uk/leisure-and-wellbeing/lifestyles/>

4. NHS Couch to 5K

A free running program for absolute beginners – an app program that can be achieved in a little as 9 weeks, or longer
<https://www.nhs.uk/better-health/get-active/>

5. Couch to Fitness

A free, 9 week programme, done from the comfort of your home through home workouts
<https://www.couchtofitness.com>

6. NHS Active 10

A free app to help track your steps and set goals
<https://www.nhs.uk/better-health/get-active/>

7. NHS Drink Free Days App

An app to support with cutting down on alcohol
<https://www.nhs.uk/better-health/drink-less/>

**Stopping drinking alcohol abruptly can lead to serious side effects, contact your GP for further support*

8. Further Information on The Treatment For Obesity

<https://www.nhs.uk/conditions/obesity/treatment/>

References

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