

COUNTERweight[®]

PRO800 WEIGHT LOSS PLAN

A Structured Plan Involving Four Stages
- Offering Weight Loss Of > 2 Stone / 15kg



COUNTERweight[®]
PRO800[®]

Shakes & Soups

Skimmed milk and soya protein drink/soup mix enriched with vitamins and minerals. Formulated to be used in conjunction with a weight loss programme supported by qualified healthcare professionals.

14 x 54g e Best before end date inside Sachets



SCREENING

- STEP 1** Total Diet Replacement - Taking a complete break from food
- STEP 2** Food Reintroduction - Getting back to eating and drinking
- STEP 3** Weight Maintenance - Maintaining your new lower weight

YOU ARE ELIGIBLE FOR THE COUNTERWEIGHT PRO800 WEIGHT LOSS PLAN IF YOU:

- Are 18 – 75 years
- Have a Body Mass Index (BMI):
 - BMI >25kg/m²
- Have none of these medical conditions:
 - Active mental illness: severe depression, bipolar disorder, schizophrenia or other psychotic disorders
 - Myocardial infarction or stroke within the previous 3 months
 - Severe or unstable Heart Failure e.g. New York Heart Association grade IV
 - Porphyria
 - Pregnant until >4 months post-partum; breastfeeding
 - Substance abuse e.g. drugs, alcohol
 - Eating disorder accompanied by purging

Any other clinical concern please ask your Counterweight practitioner who will advise you

- **Some medical conditions and the use of some drug therapies need monitoring during the COUNTERWEIGHT PRO800 WEIGHT LOSS PLAN. If you have any of the following you are therefore advised to do the COUNTERWEIGHT PLUS PROGRAMME and not this plan:**
 - Diabetes
 - Hypertension
 - Gout
 - Gallstones
 - Heart Failure
 - Prescribed anticonvulsants, Warfarin
- **Some Drug therapies might need dose adjustments with major weight loss, please see your doctor for advice before starting the plan if you are taking any of the following:**
 - Contraception
 - Drugs for Arthritis
 - Corticosteroids

STEP 1

TOTAL DIET REPLACEMENT: TAKING A COMPLETE BREAK FROM FOOD

The **COUNTERWEIGHT PRO800 WEIGHT LOSS PLAN** enables weight loss of over 2 stone/15kg, and may be suitable for you if you have a Body Mass Index (BMI) above 25kg/m².

PRO800 comes as a Total Diet Replacement, sachets of shakes and soups which you will mix with water. The **PRO800** replaces all of your normal foods and drinks, offering a complete break from usual eating and drinking. **COUNTERWEIGHT PRO800** provides 100% of the daily recommended vitamin and mineral intake while reducing overall energy intake to help you lose weight.

You can follow this plan for up to 12 weeks or until your BMI reaches 23kg/m², whichever is sooner. Weight loss will vary for individuals depending on their starting weight and how well they stick to the plan. You can expect to lose around 2lbs/1kg per week.

TABLE 1. THE COUNTERWEIGHT PRO800 WEIGHT LOSS PLAN

What you take on Step 1 of the plan:

- 4 x **PRO800** sachets per day mixed with 200ml of water
 - spread the shakes and soups across the day
- Additional 2.25litre of non calorie containing fluids water, herbal tea, diet drinks, black coffee etc.
- 1-2 fibre supplements daily
 - such as Fybogel

Additionally:

- Aim for up to 30 min gentle activity at any one time.
 - do not start a new aerobic activity during the plan

Do not drink alcohol on this plan. You can have sugar free gum or mints if you miss chewing.

Preparing your shakes and soups

- Mixing instructions are listed on the back of each sachet
- Always ensure you use at least the minimum amount of water to make up the shakes, you can add a little more if you prefer
- Plastic containers, hand blenders, whisks can all be used to make up the sachets
- Once made up, you must consume the shake or soup within 15 minutes to obtain optimal nutrition

Sweet flavours: Chocolate, Vanilla, Banana and Summer Fruits

- Add contents of the sachet into the water and mix well
- 2-3 ice cubes can be added if desired
- Small drops of additional flavouring can be added e.g. orange, mint, coffee essence

Savoury Flavours: Vegetable and Mushroom

- It is a good idea to make the contents of the sachet into a paste first by adding cold water. Then add hot (not boiling) water and mix thoroughly with a fork or blender
- You can heat for a further 30 seconds in a microwave avoiding boiling point
- Herbs and seasonings can be added if desired

THINGS TO DO TO HELP YOU STICK TO THE PLAN

1 Keep a daily diary and write down:

- When you have the shakes and soups
- Your fluid intake
- Your bowel habits (these sometimes change on liquid only diets)
- Any side effects
- Your activity levels

2 Weigh yourself weekly:

- If you are sticking to the plan you should be losing around 2lbs per week, maybe more if your starting weight is above 100kg/16st
- Keep a record of your weight and look at the overall progress if you have not lost as much as 2lbs/1kg in a week

3 Find someone to support you:

- You may find that someone else helping with cooking for others is helpful when you are on the plan
- Socialising may be more difficult if you often socialise with food and drink. Having your friends support you during the plan by doing activities that don't include food may help

4 Don't be hard on yourself if you have a slip up:

- It is hard not to eat anything other than the shakes and soups for up to 12 weeks. If you do have a slip up, tell yourself it is not the end of the world and get back onto the plan as soon as you can

5 Take all the fluid recommended:

- As well as the 4 x 200ml water with the sachets you need to drink an additional 2.25litre of fluid daily. This will help you manage hunger and avoid some possible side effects of being on a reduced energy intake with no solid food

6 Take fibre supplements as recommended:

- There is a small amount of fibre in the **PRO800** sachets. However you will not be having fibre from food therefore it is important to add some extra fibre while you are on the **COUNTERWEIGHT PRO800 WEIGHT LOSS PLAN** plan. The amount you will need will depend on individuals. It is good to know what your normal bowel pattern is before you start the plan

7 Be aware of possible side effects and how to manage them, see table on next page:



Side effect	Reason	What to do
Hunger	Your body is adjusting to fewer calories	<ul style="list-style-type: none"> • Increase fluid intake • Keep busy
Thirst	You may be dehydrated	<ul style="list-style-type: none"> • Increase fluid intake
Headaches	You may be dehydrated or having caffeine or carbohydrate withdrawal	<ul style="list-style-type: none"> • Increase fluid intake • Spread shakes and soups across the day • Take a headache tablet
Dizziness	You may be dehydrated, or you have fluid changes when moving from sitting to standing	<ul style="list-style-type: none"> • Increase fluid intake • Do not do activities that use lots of energy e.g. running
Diarrhoea or nausea	<p>This could be a reaction to the concentrated vitamins and minerals in the sachets</p> <p>It may be a reaction of Lactose intolerance where some people cannot digest the lactose in milk products</p>	<ul style="list-style-type: none"> • Have a glass of water with your shakes and soups • Increase fluid intake • Take the sachets as 8 half servings over the day • If ongoing speak with your doctor
Constipation	This may be due to reduced fibre and bulk in your diet	<ul style="list-style-type: none"> • Take a fibre supplement, e.g. Fybogel • Keep a diary of bowel movements and any related symptoms to identify problems • You may need laxatives to treat the constipation, speak to your pharmacist • If symptoms persist speak to your GP • It might be helpful to include a serving of vegetables or fruit daily
Gallstones	This could be due to the low fat content of shakes and soups or the rate of weight loss	<ul style="list-style-type: none"> • Stop PRO800 and reintroduce food • Speak with your Counterweight Practitioner who can advise on this
Cramps	May occur in the first few days due to fluid changes in your body with the reduced calorie intake	<ul style="list-style-type: none"> • Increase fluid intake • Spread shakes and soups across the day

STEP 2

FOOD REINTRODUCTION - GETTING BACK TO EATING AND DRINKING

Reintroducing food after a period of time on shakes and soups only, is a key stage to master. This can be an anxious time trying to avoid regaining weight you have lost. The best way to manage this stage is to reduce the shakes and soups down gradually while reintroducing nutritionally balanced meals into your daily intake.

What you take on Step 2 of the plan:

- Week 1 and 2
 - 2 x **PRO800** shakes and soups
 - 200ml low fat milk
 - 2 servings of fruit
 - 1 balanced meal*
 - 2ltr non-calorie containing fluids
 - Unlimited vegetables

(continued overleaf) *See Page 6 for how to plan your nutritionally balanced meals



- **Week 3 and 4**
 - 1 x **PRO800** shakes and soups
 - 200ml low fat milk
 - 2 servings of fruit
 - 2 balanced meals*
 - 2ltr non-calorie containing fluids
 - Unlimited vegetables
- **Week 5 and 6**
 - No shakes and soups
 - 200ml low fat milk
 - 2 servings of fruit
 - 3 balanced meals*
 - 2ltr non-calorie containing fluids
 - Unlimited vegetables
- **Week 7 onwards**
 - Continue with the plan you followed for week 5 and 6
- **Additionally:**
 - If your body weight is still going down you can introduce additional food of around 200 calories per week
 - If your body weight is staying the same, continue as per week 5 and 6
 - If your body weight is going up you may want to add 1 shake per day to replace one of your meals and snacks to help you get to a stable weight

** See end of this page to plan your nutritionally balanced meal

Activity

Now that you are a lower body weight you will need less energy overall. Often people start to regain weight following a diet of shakes and soups but you can help prevent this by following the meal plans as above and build up your daily activity, especially leisure time. Walking is best as it is free, and you can do it anywhere and at anytime.

Planning a Nutritionally Balanced meal

Eating foods that are low in calories and high in fibre is the best way to keep at your new weight. It is important to eat a range of foods to ensure you get the right intake of protein, carbohydrate, fat, vitamins and minerals necessary for good health. The easiest way to do this is to follow this plate model when you are planning your meal: Half of your portion should come from vegetables or fruit, with quarter portions coming from wholegrain starchy foods such as bread, pasta, rice etc. and protein rich foods such as meat, eggs, beans, tofu etc.

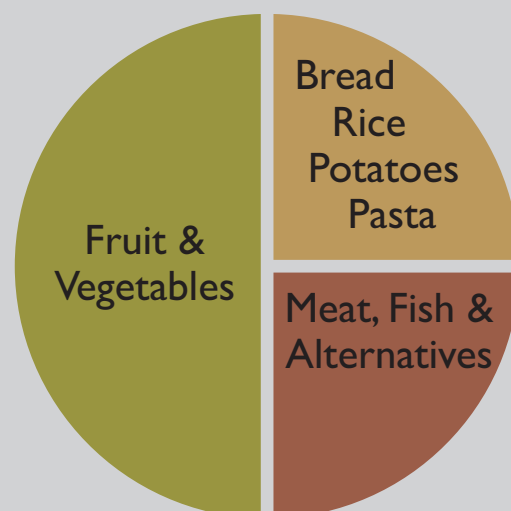
Meal

Breakfast: Bowl of high fibre cereal with low fat milk and a banana

Lunch: 2 x slices of wholegrain bread with 2 slices of wafer thin ham, tomatoes and lettuce

Dinner: Whole wheat pasta with tomato sauce, spicy chicken and salad

Speak to your Counterweight practitioner / Health professional for more ideas



STEP 3

WEIGHT MAINTENANCE - MAINTAINING YOUR NEW LOWER WEIGHT

The **COUNTERWEIGHT PRO800 WEIGHT LOSS PLAN** enables weight loss of over 2 stone/15kg which you are encouraged to keep off by sticking with your new nutritionally balanced meals and snacks. It is important to increase activity now that you are lighter as you have a reduced energy need.

Some people find using the **PRO800** sachets at a reduced level helpful when trying to maintain a new lower weight.

Some weight regain happens to most people who have lost weight, it is a normal part of weight management. Therefore it is important to catch it early and treat it to help you maintain your new lower weight.

Having support from a health professional is also helpful when trying to keep this weight off, speak to the practitioner you accessed this plan from if you are finding maintaining weight difficult.

What you take on Step 3 of the plan:

- 3 regular, low fat, high fibre nutritionally balanced meals outlined in Step 2
- 2-3 healthy snacks
- 1.5-2ltr fluid
- Higher calorie snacks and alcohol can be taken in moderation if this is part of your normal routine. Try not to include these on a daily basis.

Optional

- 1 x **PRO800** shake or soup daily to replace a meal or snack
- OR
- 2 days on 4 x **PRO800** Shakes and soups in place of all food and calorie containing drinks
 - 1-2 fibre supplements on these days might be needed
 - Additional 2.25ltr non-calorie containing fluids.

Additionally:

- Aim for
 - up to 30 min gentle activity at any one time when on 4 x **PRO800** sachets only
 - 60-90 minutes moderate intensity activity on days when eating normal food

THINGS TO DO TO HELP YOU MAINTAIN YOUR NEW LOWER WEIGHT

1 Keep a diary of your food and drink intake:

- People who successfully lose weight and keep it off monitor their food and drink intake on a regular basis. Find a way that suits you, it might be a note book, an app, or even a spreadsheet on the computer.

2 Weigh yourself daily:

- Set your target weights to be around 4lbs/2kg above or below your goal weight
- Keep a record of your weight and look at the overall progress
- If your weight starts to increase above 4lbs/2kg from your target weight you need to take action to lose this gained weight
- Look at your diary or start keeping one if you have stopped this. Look for areas where the calories have increased, it might be a little more fat or alcohol. It may also be that activity has gone down. If you catch the weight gain early you should not need to make too many changes to get back on track

3 Find someone to support you:

- Finding someone who will take part in activity with you is helpful
- Find someone supportive who wants to see you succeed
- Contact one of our team if you need extra support

4 Don't be hard on yourself if you have a slip up:

- It is hard to stick to an eating and activity plan all the time. The important thing is what you do when you have a slip up. Say to yourself "It is not the end of the world" and get back on track with your plans as soon as possible

5 Continue to eat regular meals which are low fat, high fibre and portion controlled:

- Continue to plan half your meal with vegetables or fruits
- Choose wholegrain foods
- Read food labels and choose foods with less fat and sugar

6 Keep active:

- Find activities that you enjoy and can easily do on a daily basis
- Set yourself short term and long term goals
- Use a step counter

