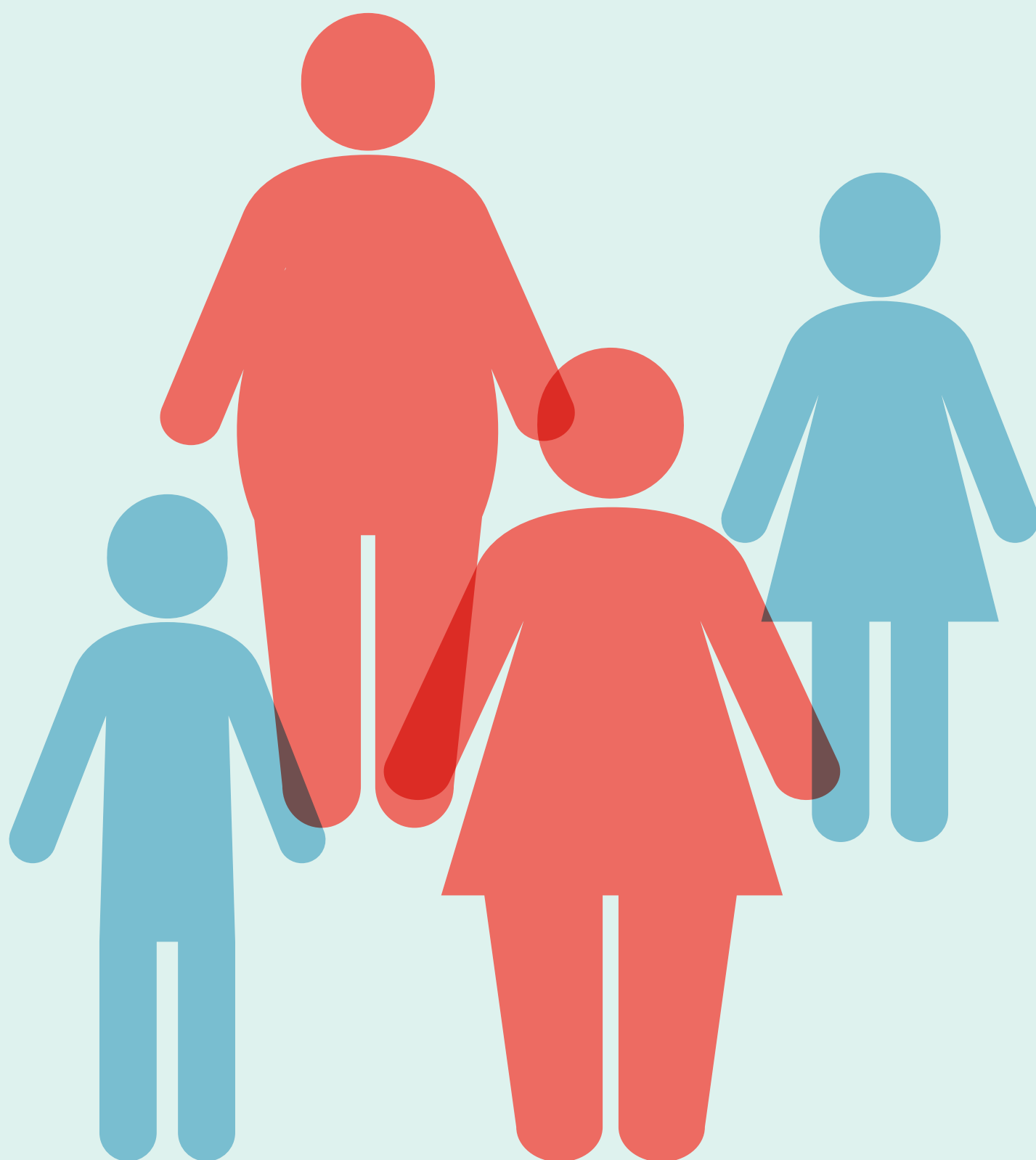


The basics

A healthy weight



A balanced diet and regular exercise will help you reach and maintain a healthy weight.

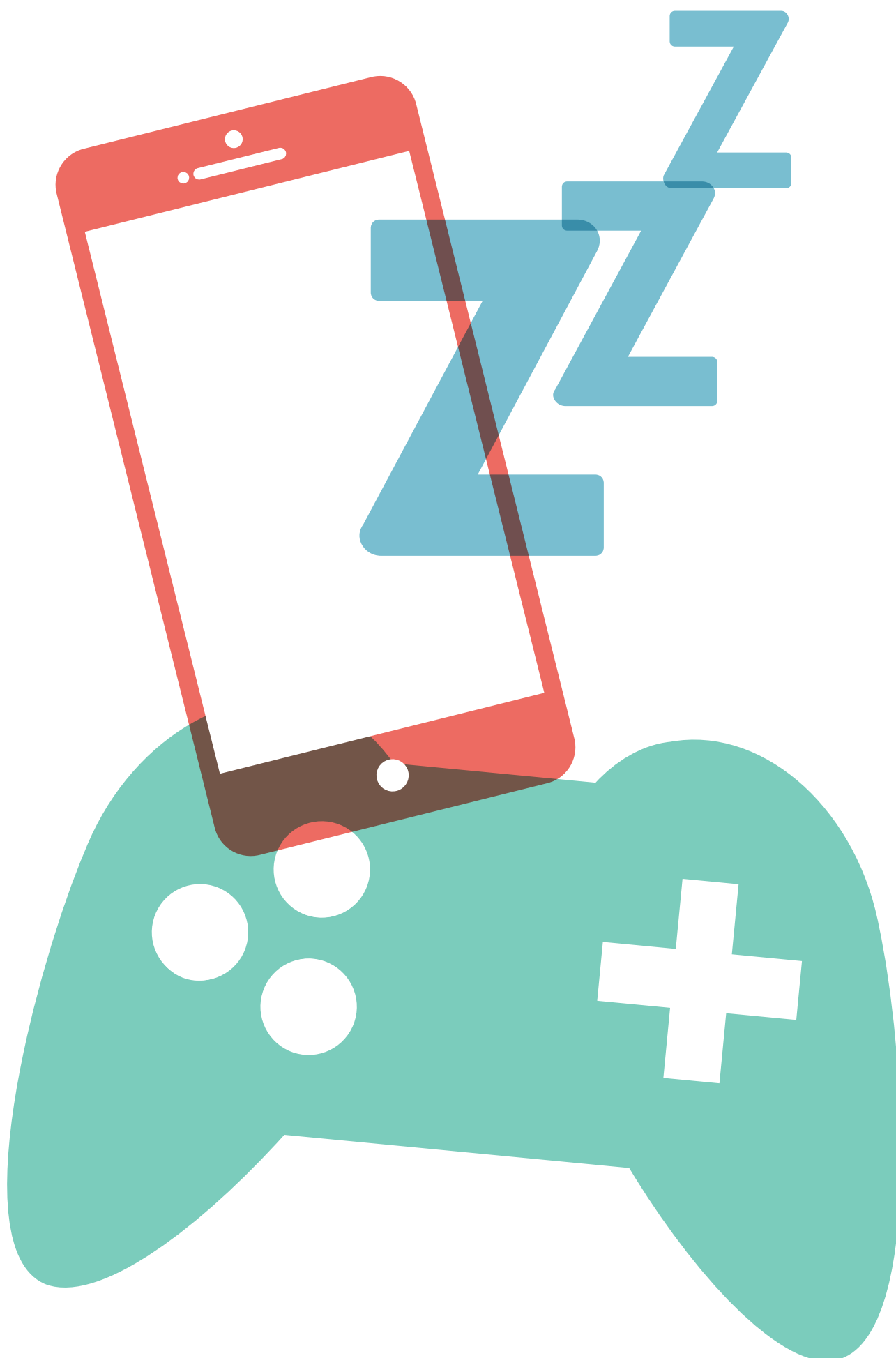


There are usually two reasons why people put on too much weight.

- 1 Eating too much food**
(especially foods with a lot of sugar or fat).



2 Not doing enough physical activity.



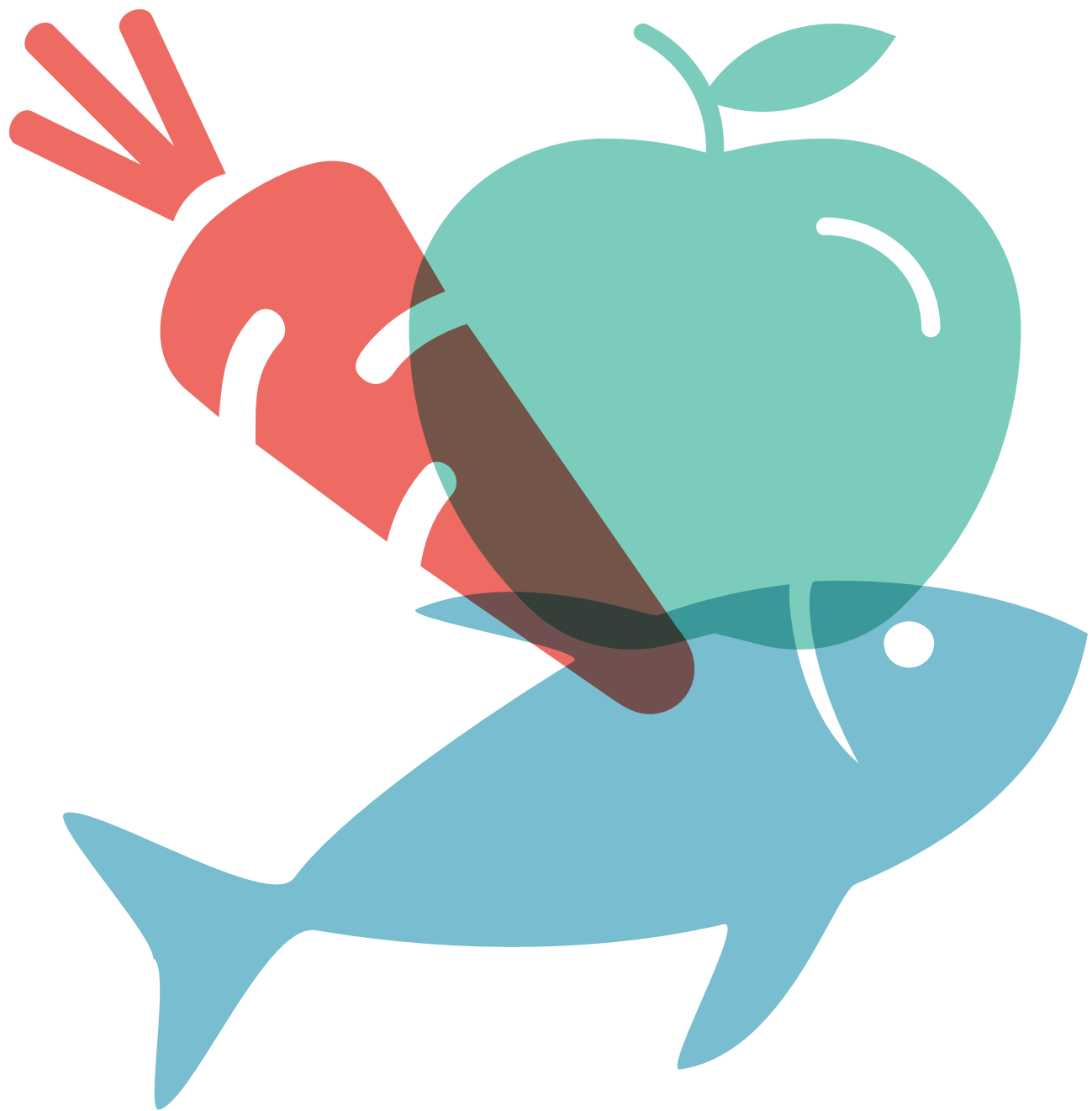
Some people also put on some extra weight after starting HIV treatment. This may be due to a general improvement in health. It may be linked to specific anti-HIV drugs.



Weight gain may increase your risk of diabetes, heart disease or cancer. Maintaining a healthy weight limits this risk, especially if you are older.



People with HIV can usually follow the same healthy eating advice as everyone else. Try to eat a balanced diet.



Adults who want to lose weight
need 45 to 60 minutes of physical
activity every day.



Important points

Most people need to eat less of the foods which are high in fat or sugar.

You can incorporate physical activity into your daily life (for example, by walking instead of driving or taking the bus).

For more information on this topic

- ☐ Read our **‘Exercise’** page.
- ☐ Read our **‘Nutrition’** booklet.

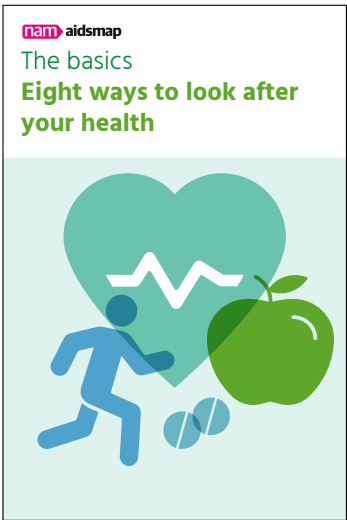
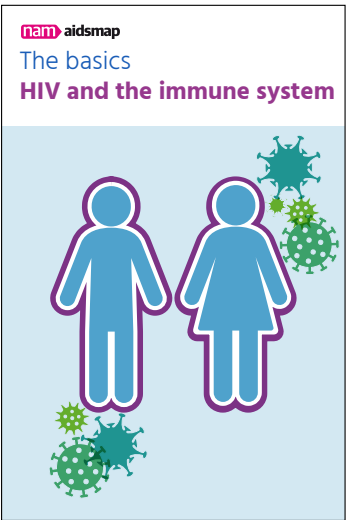
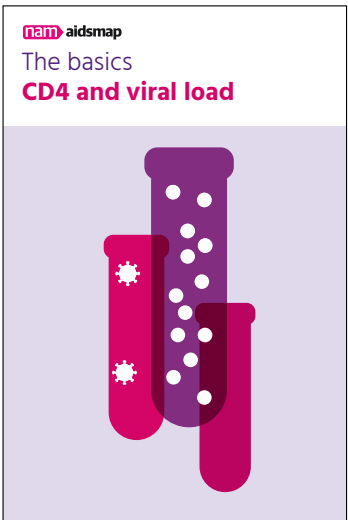
For information in other languages

- ☐ Visit **www.aidsmap.com/languages**

For more information about HIV

- ☐ Visit our website
www.aidsmap.com
- ☐ Speak to an adviser at THT
Direct **0808 802 1221**

Other titles in The basics series



- ☐ Side effects
- ☐ Testing
- ☐ Taking drugs on time
- ☐ Drug resistance
- ☐ TB and HIV
- ☐ How TB is passed on
- ☐ How hepatitis C is passed on
- ☐ Undetectable viral load

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About NAM

NAM is a charity that works to change lives by sharing information about HIV & AIDS. We believe that independent, clear, accurate information is vital to those living with HIV.

Please help us

If you would like to support our work and help us to continue to provide resources like this one, please donate today at www.aidsmap.com/donate or call us on **020 3727 0123**.

This information isn't intended to replace discussion with your doctor about your treatment and care, but it may help you to think about any questions you'd like to ask your healthcare team.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

NAM values all feedback which helps us to improve our resources. If you have any comments or feedback about any of our resources, please email info@nam.org.uk.

Thanks to all the professionals and people with HIV who've helped us to develop this resource.

If you would like to translate, adapt or reproduce this leaflet, please contact us.