

Why weight matters

- Being overweight increases the risk of heart disease, stroke, type 2 diabetes, dementia and more than 12 different cancers, including breast cancer, bowel cancer and cancers of the oesophagus (gullet), thyroid gland, kidney, womb, gall bladder, pancreas, malignant melanoma and cancers of the blood and immune systems, such as leukaemia, multiple myeloma, and non-Hodgkins lymphoma.
- People who are overweight are more likely to suffer from arthritis, indigestion, gallstones, stress, anxiety, depression, infertility and sleep problems.
- Being very overweight (3 stone/19 kg above your healthy weight) is as harmful to health as smoking and can reduce life expectancy by seven years. If you're very overweight and also smoke it can shorten your lifespan by 14 years¹³.
- Being overweight limits healthy life expectation. In the UK women live, on average, to the age of 82, but their good health only lasts until their mid 60s, while men live to 78, with good health until the age of 64 often due to weight related illness

The PROCAS- lifestyle diet and exercise programme

You will be given advice on how to follow our tried and tested 2 day diet from a specialist research dietitian, as well as individual exercise advice.

The 2-Day Diet is a tried and tested weight loss diet. For 2 days per week (ideally consecutive days) you can eat foods that are high in protein i.e. lean chicken fish, low fat dairy foods, healthy fats such as nuts, and fruit and vegetables. These foods are satisfying and reduce the feelings of hunger, which makes us less likely to overeat. You are asked to avoid carbohydrates i.e. breads, cereals, pastas, rice/grains, potatoes on these days. On the other five 'unrestricted' days you eat a normal, healthy, Mediterranean-style diet which includes all of these foods as well as high fibre carbohydrate foods.

The 2-Day Diet is designed to be:

- Low enough in calories to enable you to lose weight, but without leaving you feeling hungry.
- Nutritionally balanced so that all your vitamin, mineral and protein requirements are met.
- Easy to fit into a normal, busy lifestyle.

If you don't wish to follow a 2 day diet you can be given recommended food portions for a healthy balanced diet to follow 7 days a week to achieve weight loss. Information about your chosen diet will be available on the study website, which includes your individual recommended food portions, recipes and healthy tips sheets to support your weight loss goal. You will be encouraged to include a minimum of 30 minutes of **aerobic exercise** (e.g. brisk walk, cycle, dance, or aerobics) **5 days per week** and 2-3 sessions (totalling **40 minutes**) of **resistance** exercise (e.g. carrying groceries, climbing stairs or lifting weights) **each week**.

What are the pros and cons of joining the study?

1. Pros:

- Potential weight loss: -

No diet works for everyone and this diet is no exception. The success of any diet is mainly due to whether people can follow it and keep it up over time. Our research showed that 6 out of 10 dieters who set out to follow the diet are successful. Three out of 10 women who set out to do the 2-Day Diet had family, work or other personal issues which prevented them from properly sticking to it, whilst one out of 10 could not tolerate the diet. The Dieters who managed to follow the diet of course had the greatest rewards which are shown in the below...

| What can be achieved in the first three months of The 2-Day Diet | | |
|--|------------------------|-------------------------|
| | Average | Maximum |
| Weight loss | -13lb (-6.4 kg) | -32lb (-14.5 kg) |
| Loss of body fat | -10lb (-4.5 kg) | -24lb (-11 kg) |
| Reduction in waist measurement | -6cm (-1½ in) | -19cm (-7½ in) |
| Change in clothes size | Dropped 1 clothes size | Dropped 2 clothes sizes |
| Change in insulin | -12% | -76% |
| Change in cholesterol | -6% | -34% |
| Change in blood pressure | -11% | -40% |

The drops in cholesterol and blood pressure indicate a reduction in the risk of heart disease of 25-30%, and the risk of stroke by 35-40%. To maintain these benefits you need to maintain your lower weight and healthy lifestyle behaviours.

- Increased fitness: aerobic exercise (e.g. brisk walk, cycle, dance, or aerobics) can improve cardiovascular (heart and lungs) fitness, while resistance and weight bearing activity can improve muscular strength and maintain bone health.
- Health: A combination of diet, activity and lifestyle changes can help improve overall health, reducing the risk of breast cancer by 30% diabetes by 60% heart disease and stroke by 30% as well as reduced risk of other cancers and dementia and increase well being (e.g. improved mood and sleep pattern).

2. Cons:

- It can be difficult to follow a diet and exercise plan if you are not ready to make changes. If you are unable to follow the programme you may be disappointed if you do not achieve your weight loss or lifestyle goals.
- You may initially find that the diet requires extra time to plan and prepare meals, this is usually until you become familiar with the recommended portion sizes.
- The additional time commitment of trying to include regular exercise

What does being in the study involve for me?

You will be asked to:

- Try to follow our diet and exercise weight loss plan for 6 months.
- Attend three appointments at the Genesis Breast Cancer Prevention Centre (Wythenshawe hospital) lasting 45 minutes to 2 hrs each
- Record your food and drink intake for 7 days at three different times during the study (either in a paper diary or online)
- Monitor your weight, diet and exercise progress on the website, on a regular basis (you may choose to do this daily, weekly, monthly or as often as you like).

- You will have the option to continue to use the website for a further 6 months with email feedback and be invited to attend for a final weigh in at 12 months.