Weight management:
Getting Started

Alexa isn't specifically designed to get you to lose weight, but it can help.

These flashcards are intended to give you ideas and get you started. Only you can truly decide whether to lose weight or not, but if Alexa can help you on just one part of your journey, then it is well worth giving it a go.

Some of the exercises in these cards will require additional skills. **All skills are free** and can either be enabled prior, by using the Alexa app, or as you go just by speaking to Alexa. The first time you say **"Alexa, open** *skill name***"** it will be enabled for you. Some may have age appropriate information, and therefore ask you for confirmation beforehand.

We do hope that these cards, ideas, and Alexa, can help you on your journey to losing weight.

Good luck and we wish you all the best.

NOTE: During these exercises, Alexa will be reading out a lot of information and therefore you may wish to change the speed at which Alexa speaks. To do this just say:

"Alexa, speak slower" or "Alexa, speak faster"

You can do this at any time whilst using Alexa.

Weight management:
Things you can try

LOSE WEIGHT WITH ALEXA

So you're thinking you may like to lose weight but can't quite find the motivation to get started? Maybe it's not the right time in your life, or you just don't know where to begin? Try these few simple Alexa commands and see how you go.

Begin all commands by saying "**Alexa**" followed by:

Check

"I want to lose weight"
Alexa will give you some general advice and statistics.

"What is obesity?"

"How do I manage my excess weight?"

"What are healthy meals?"

"What are some low fat proteins?"

"What is a healthy snack?"

How did you find this task? *(please circle)*

| Very Useful | Good | Okay | Poor | Terrible |

Weight management:
Things you can try

LOSE WEIGHT WITH ALEXA

Alexa has thousands of skills and commands that you can use as part of your daily routine. Here are a few ideas for fitness and mindfulness. Give them a go, and don't forget to look out for other skills that could help you too.

Begin all commands by saying "**Alexa**" followed by:

Check

"**Remind me** in the morning"

Set a reminder for yourself to make healthy choices. Set yourself a time and add a suggestion of something to eat..

"Open **One minute meditation**"

Listen to relaxing sounds to help you clear your mind and avoid overeating.

"Open **Yoga Position**"

Use yoga positions to stay fit and healthy, and beat that craving!

"Open **5 Minute Workout**"

Exercise is a great thing to avoid overeating.

"**Call** *friend name*"

If you have your phone numbers added to Alexa through the app, then you can call a landline or mobile. Speaking to a friend or family member can really help with advice and motivation.

How did you find this task? *(please circle)*

Very Useful	Good	Okay	Poor	Terrible

Weight management:
How many calories - **meals**

LOSE WEIGHT WITH ALEXA

Learn more about the food you eat by finding out how many calories are in each item.

Begin all commands by saying "**Alexa**" followed by:

Check

"How many calories are in a **slice of pizza**?"

"How many calories are in a **sausage roll**?"

"How many calories are in a **typical salad**?"

"How many calories are in **600g of chicken curry**?"

"How many calories are in **100g of tuna**?"

"How many calories are in a **400g microwave meal**?"

How did you find this task? *(please circle)*

Very Useful   **Good**   **Okay**   **Poor**   **Terrible**

Weight management:
How many calories - **drinks**

LOSE WEIGHT WITH ALEXA

Learn more about the food you eat by finding out how many calories are in each item.

Begin all commands by saying "**Alexa**" followed by:

Check

"How many calories are in a **cup of coffee**?"

"How many calories are in a **can of coke**?"

"How many calories are in a **glass of wine**?"

"How many calories are in a **glass of orange juice**?"

"How many calories are in a **teaspoon of sugar**?"

"How many calories are in a **glass of water**?"

How did you find this task? *(please circle)*

Very Useful　　**Good**　　**Okay**　　**Poor**　　**Terrible**

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Weight management:
How many calories - **snacks**

LOSE WEIGHT WITH ALEXA

Learn more about the food you eat by finding out how many calories are in each item.

Begin all commands by saying "**Alexa**" followed by:

Check

"How many calories are in **40g of chocolate**?"
This is equivalent to a small bar of chocolate.

"How many calories are in a **bag of crisps**?"

"How many calories are in an **apple**?"

"How many calories are in **half a cup of grapes**?"

"How many calories are in a **biscuit**?"

"How many calories are in a **banana**?"

How did you find this task? *(please circle)*

Very Useful	Good	Okay	Poor	Terrible

Weight management:
Tracking Calories

LOSE WEIGHT WITH ALEXA

Keep track of your food consumption using Alexa. Keeping track of your calories will help you when deciding what kind of foods to eat.

Begin all commands by saying "**Alexa**" followed by:

Check

"How many calories should I eat each day?"

"How many calories are in a glass of milk?"

"Open **Calorie Counter**"

"Ask **Calorie Counter** to add 120 calories"

"Ask **Calorie Counter** - how many calories have I consumed today?"

How did you find this task? *(please circle)*

Very Useful   **Good**   **Okay**   **Poor**   **Terrible**

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Weight management:
Eating Healthy

Alexa can help you out during meal times, offering suggestions and healthy recipes to try. This is great for when you're stuck for ideas, or want to use up some ingredients from the cupboard.

Begin all commands by saying "**Alexa**" followed by:

Check

"What can I make with **tuna**?"

"What can I make with **chicken**?"

"What can I make with **vegetables**?"

"What can I make with **salmon**?"

"What can I make with **spinach**?"

"What can I make with **chickpeas**?"

How did you find this task? *(please circle)*

Very Useful	Good	Okay	Poor	Terrible

Tips to help you manage your weight

LOSE WEIGHT WITH ALEXA

The best way to lose weight if you're overweight is through a combination of diet and exercise. Being overweight can lead to a number of serious and potentially life-threatening conditions.

Here are 12 top tips recommended by health professionals to keep in mind and help you on your weight loss journey:

1. Do not skip breakfast
2. Eat regular meals
3. Eat plenty of fruit and veg
4. Get more active
5. Drink plenty of water
6. Eat high fibre foods
7. Read food labels
8. Use a smaller plate
9. Do not ban foods
10. Do not stock junk food
11. Cut down on alcohol
12. Plan your meals

Read more information about these tips on the NHS website by visiting:
https://www.nhs.uk/live-well/healthy-weight/12-tips-to-help-you-lose-weight/

Don't forget, try to use Alexa features and skills like **"Remind me"** and **"What can I eat?"** to achieve your goals!

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