

Eat well, lose weight, feel better



The most important reason to lose weight is to make you feel better. Being overweight or obese puts you at higher risk of developing Type 2 Diabetes, cancer, or having a stroke or heart attack.

We know that losing weight is not always easy, but Healthy You is here to help. We have **FREE** adult weight management groups across Cambridgeshire and Peterborough as well as online groups.

Find out more overleaf...



Helping you to manage your weight

Join Our FREE Adult Weight Management Programme

- We offer both face-to-face and virtual groups across Cambridgeshire and Peterborough
- Groups run once a week for 12 weeks, each session lasts for 60-90 minutes
- Healthy eating advice and discussions followed by an exercise based activity session
- Support with setting achievable goals to help you with positive lifestyle changes and sustainable weight loss
- Our friendly, inclusive groups are led by Nutritionists and Physical Activity Specialists

What else do we offer?

If our 12 week programme isn't for you, you may be eligible for a 12 week referral to Slimming World or Wellness that Works (formerly Weight Watchers)

Eligibility

- Anyone aged 16+ who lives in Cambridgeshire or Peterborough
- Or registered with a GP in Cambridgeshire or Peterborough.
- Your BMI needs to be equal or greater than 25



For more information on our range of **FREE Services**

text: HEALTHYU to 60777 or **call: 0333 005 0093**

Email: healthyou@healthyou.org.uk or

visit www.healthyou.org.uk



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Healthy You