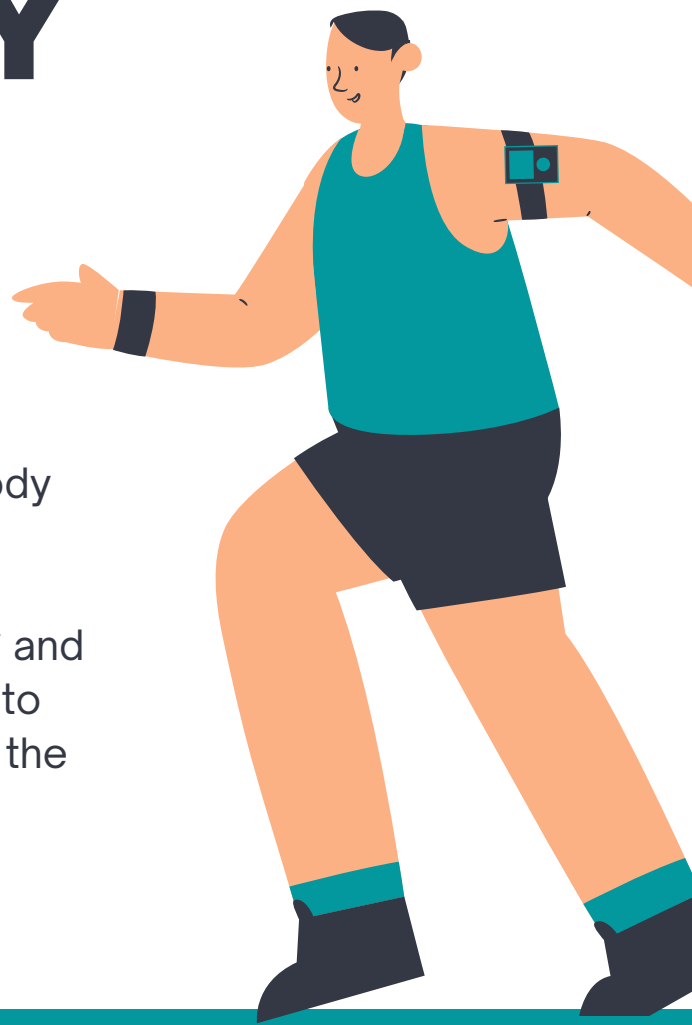


HELPING YOU GET A HEALTHY WEIGHT



Are you struggling with excess body weight?

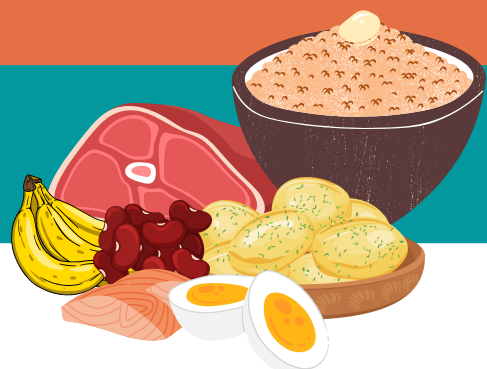
If you have a BMI between 25-30* and are looking for guide and support to lose weight the healthy way, then the following NHS resources and programmes may be for you.

HEALTHY WEIGHT HEALTHY YOU

The [Healthy Weight Healthy You](#) website and app provides free information on weight management which is tailored to your individual needs to support your long-term healthy weight journey.

NHS WEIGHT LOSS PLAN

The free [NHS Weight Loss Plan](#) app is a 12-week plan to help you start healthier eating habits, be more active and start losing weight.



FOODWISE FOR LIFE & GET COOKING

Foodwise for Life is an 8-week programme delivered either online or face-to-face in community venues by trained Dietetic Assistant Practitioners. The sessions are fun and informal, and cover a range of topics to help you change your eating habits and become more active.

These sessions are delivered alongside exercise or practical cooking sessions (Get Cooking) if available.

Register here: [Foodwise for Life](#), [Get Cooking](#)



WELLNESS IMPROVEMENT SERVICE (WISE)

WISE offered evidence-based lifestyle education programme delivered through highly trained wellness coaches. It focuses on healthy eating, physical movement, social connection, mental wellbeing, sleep and pain management.

Click [here](#) to register.

*If your BMI is >25 and you have co-existing medical condition, have a chat with your [GP](#) as you may be eligible for referral to the Adult Weight Management Service.