

## **Motivate to Lose Weight**

Weight Management Schemes

01372201636



Developed in partnership with  
Surrey Primary Care Trust and your  
local leisure centre

## WHAT IS IT?

It is a 12 week programme designed to help you to lose weight by changing your lifestyle

The weight management scheme is based on the latest research, which shows that the best way to lose weight is by eating a healthy diet and being more physically active

## HOW DOES IT WORK?

- The weight management programme is run at different venues across West Surrey. Please call the number on the back of this leaflet for your nearest scheme
- You will need to ask your GP, Practice Nurse, Health Visitor or District Nurse to complete a health information form for you and take this to your first session
- You attend a group session once a week for 12 weeks
- Each session will provide information and support on weight issues including healthy eating, physical activity and keeping motivated
- Part of the weekly session should include some physical activity and a fitness instructor will be able to offer additional support in helping you to become more physically active
- Your group leader will work with you to set realistic targets and focus on modest and achievable weight loss for health
- Don't worry if you haven't ever exercised or done any exercise for a while; the programme can be adapted suit your needs

## COST

The course is offered to you at a subsidised rate and aims to be affordable. Please contact the Weight Management co-ordinator for information on the cost of individual courses and any concessionary rates that may apply.

## HOW DO I BOOK?

Ask your GP, Practice Nurse, Health Visitor or District Nurse to complete a health information form.

Phone the Weight Management Co-ordinator on 01372 201636 for details of your nearest course and to register for your place.

**Please take your health information form with you to your first group, as you cannot join without it.**

## GOOD LUCK!

For course dates log on to:

[www.surreyhealth.nhs.uk/about-surrey-pct/weight](http://www.surreyhealth.nhs.uk/about-surrey-pct/weight)

OR CALL:

**01372 201636**

The weight management programme has been written by a Registered Public Health Nutritionist and a Sport and Exercise Scientist.