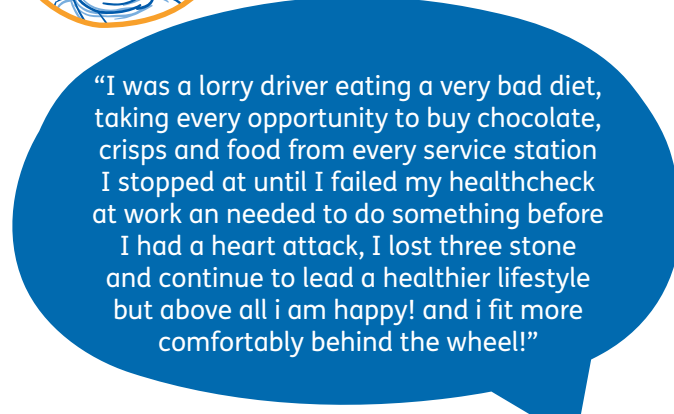


Our success stories...



"All I wanted to do was to lose a few pounds to help me get back into my best work clothes, however I released after attending a few session is needed a radical change to my lifestyle - I started and have not looked back!"



"I was a lorry driver eating a very bad diet, taking every opportunity to buy chocolate, crisps and food from every service station I stopped at until I failed my healthcheck at work an needed to do something before I had a heart attack, I lost three stone and continue to lead a healthier lifestyle but above all i am happy! and i fit more comfortably behind the wheel!"



I thought I was too old to lose weight, I was 72 and retired, I though that it was the end of the road for me to attempt to break the habit of a lifetime, but a friend encouraged me to go along as a buddy and I have changed my lifestyle for the better, lost two stone but feel great, have more energy to run around with the grandchildren and feel younger in myself!



Scarborough & Whitby NHS Weight Management Service



We will deliver the service across Scarborough and Ryedale, the map details our hub sites only – more clinics are available

HOW TO CONTACT US:

It's easy and FREE

Call 0800 917752 or 01723 821395

Text **Healthy** to 60163

Or email us at:

HNF-TR.weightmanagement@nhs.net

Visit our website at:

www.ready-to-lose-weight.co.uk

Kick start your weight loss today!



We are here to help
you...and it's FREE

A 12 week programme to
live a healthier lifestyle



Scarborough & Whitby
NHS Weight Management Service

www.ready-to-lose-weight.co.uk

HOW CAN WE HELP?

The Scarborough and Ryedale weight management service works with you as an individual, identifying your personal health and lifestyle needs with a focus on addressing your personal need to lose weight and feel great.






The service is designed to offer support, motivation and guidance while understanding your own personal journey and previous experiences and attempts you may have had to lose weight in the past.

We all have issues in our lives which may affect our health and wellbeing in some way. You may want to get fitter, become healthier, lose weight or learn to control your weight; you may want to improve your physical activity levels or look to lose weight for health gains. We are here to support and guide you through a 24 week weight loss journey.

So if you want to lose weight and improve your health but don't know where to start, a weight management advisor will be able to help you work out exactly what you want and how to go about achieving it.

Our weight management advisors are friendly, understanding and supportive. They will help and encourage you to achieve and maintain a healthier lifestyle while sustaining the weight loss.

We will guide and support you to:

-  Lose weight the healthy way
-  Improve your levels of physical activity
-  Improve your eating habits
-  Live a healthier lifestyle
-  Encourage others to support you and join you in your journey

SO, HOW DOES IT WORK?

It all starts with a hello and a personal face to face introduction to the service

We will arrange to meet with you for a 1:1, face to face introduction following your referral to discuss your own personal weight management needs and agree a personal health plan that allows you to lose weight the healthy way and ensure its sustainable but more importantly that it works for you. Your personal health plan will be designed around you as an individual.

We will introduce you to your personalised step by step plan and agree a weight loss goal, introduce you to your own personal weight management advisor and access to information/ materials that will kick start your weight loss journey.

You will then be asked to partake in a **FREE** 24 week programme ran by our weight management advisors in your local area that requires you to attend weekly group sessions in the community and gain valuable skills, information and support but above all motivation and a network that will allow you to remain focused on your weight loss goals.

It will give you the opportunity to touch base with your advisor every week and get weighed if necessary.

You will be able to contact your weight management advisor weekly during the 24 weeks for a chat, simple motivation, and gain advice or to ask questions about your personal journey.

You will be asked to attend for a personalised 1:1, face to face assessment at weeks 12 and 24 to repeat and update your health records with your successes and achievements, for you to track your weight loss journey with us and for us to ensure you remain focused and on track to achieve your weight loss goal.

By weeks 24 we believe that you will have achieved your weight loss goals and achieve a healthier lifestyle that will be sustained by yourself going forwards, no more fad diets or quick fixes required!

'We take things one step at a time'

OUR PROGRAMME FOR SUCCESS

