

What is the Best Health Programme?

Many people find it challenging to manage their weight, you are not alone. Part of the reason for this is because managing weight isn't as simple as eating less and moving more. What you weigh is the result of many factors, some of which are beyond your control including: your age, genes and other health conditions. This programme is designed by a team of experts in nutrition, exercise, health psychology and weight management. It is designed to be a safe and supportive environment to explore the things that may be affecting your health and weight. The aim is to help you to:

- Learn and understand the range of factors that can affect weight
- Support you to identify positive changes that are right for you in your life
- Practice new skills that can help you to make and maintain changes that support overall health and wellbeing
- Help you discover your best weight - the weight you can achieve and maintain while living the healthiest life that you can enjoy.

Health in Focus

Make a personal plan for overall health and wellbeing.

Tips on how to improve sleep and manage stress.

Eating for Health

Learning how to eat well to support your health, wellbeing and your best weight.

Movement for Health

Building more movement into your day

Movement for strength, flexibility and balance.

What support will you get?

- A 45 minute appointment with a dietitian to identify your needs and set a personal plan
- An online or in-person group which will support you to make positive changes for health and wellbeing.
- Each session is 1.5-2.5 hours long.
- The programme starts with 4 weekly sessions, followed by 8 ongoing monthly sessions.
- Support continues for 12 months!

If completing the online programme, you will need internet access & a suitable laptop/tablet/smartphone.

