



**HEALTH AND WELLBEING COACH SERVICE**

# **WEIGHT MANAGEMENT**

Working with your GP practice providing a health and wellbeing coach service for individuals struggling with weight management.

**•HAVE YOU TRIED NUMEROUS TIMES TO LOSE WEIGHT AND NOTHING HAS WORKED?**

**•ARE YOU STRUGGLING TO FIND THE TIME TO COMMIT TO A HEALTHIER WAY OF LIVING?**

**OUR WEIGHT MANAGEMENT PROGRAMME CAN SUPPORT YOU IN MAKING POSITIVE LIFESTYLE CHANGES**

**HEALTH AND WELLBEING COACHES ARE HERE TO HELP YOU GAIN AND USE THE KNOWLEDGE, CONFIDENCE AND SKILLS TO BECOME AN ACTIVE PARTICIPANT IN YOUR CARE SO THAT YOU CAN REACH YOUR GOALS.**

## **THE PROGRAMME CONSISTS OF**

- One to one education-based sessions either face to face or over the phone
- Professional advice, guidance and support
- Personalised physical activity/exercise interventions and the opportunity to engage in exercise-based classes

---

## **THE SERVICE WILL HELP USERS**

- Learn how to build and sustain healthy habits that can be easily maintained long term
- Encourage confidence by incorporating more physical activity and exercise.
- Reduce the impact/risk of weight related health complications e.g. cardiovascular disease.

## **ELIGIBLE CRITERIA TO JOIN THE PROGRAMME**

- 18 years or older
- Have a BMI of 30 to 39.9, or >27.5 for black, Asian and ethnic minority backgrounds
- Have a diagnosis of diabetes type 1 or 2
- Have a diagnosis of hypertension

**IF YOU ARE INTERESTED IN THE PROGRAMME THEN PLEASE CONTACT YOUR GP PRACTICE FOR FURTHER INFORMATION.**