

Rewarding You For Your Hard Work

If you decide to join the programme we want to support you every step of the way so we have put together the following incentives*

Free Keelham Farm Shop Healthy Eating Starter Pack when you join the programme.

Free Keelham Farm Shop Healthy Eating Fruit & Veg box for completing the 12 week programme.



Free 1 Month Swim Pass for hitting your 3% weight loss target by the end of the 12 week programme.

Free £20 Membership Card for use against your chosen activity, for hitting your 5% weight loss target after 6 months.

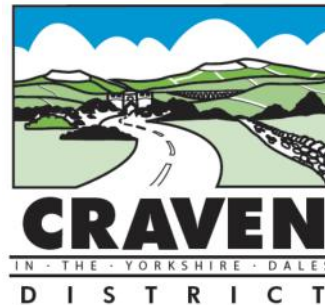
*Keelham Starter Packs and Hampers are subject to availability

To join the programme or for further information please contact the Healthy Lifestyles team at Craven Swimming Pool and Fitness Centre

T: 01756 792805

E: Healthylifestyles@cravenc.gov.uk

W: cravenc.gov.uk/Healthylifestyles



Free 12 Week Weight Management Programme

- Want to lose weight?
- Over 18?
- Have a BMI of 25 or more?
- Live in Craven?



Participant Information Leaflet

What Is The Healthy Lifestyle Programme?

It is a 12 week weight management programme that combines exercise with nutritional advice to help you to lose weight, change your lifestyle and improve your health.

Who Can Join The Programme?

You are eligible* to join the programme if you are:

- **Over 18 years of age**
- **Have a Body Mass Index (BMI) of 25 or above**
- **Live in Craven**

Where and When Does The Programme Take Place?

The programme takes place at Craven Swimming Pool and Fitness Centre. See our website for details of the sessions.

How Much Does It Cost?

The programme is free of charge as part of an initiative being funded by North Yorkshire County Council's Public Health Team.

North Yorkshire County Council have launched the programme to help people to manage their weight to avoid such things as type 2 diabetes and other cardiovascular diseases, cancers and other health conditions.

What Does The Programme Consist Of?

The programme is made up of group sessions (usually 75 minutes long) which include weigh-ins, physical activity and weight management advice. Each week covers different topics. Examples of these include:

Goal Setting	Portion Control
Benefits of Physical Activity	Food Labelling
Fats in Food	Eating Out and Drinks
Behaviour Changes	Salt in Food

How Do I Join The Scheme?

Your GP/Nurse can complete a referral form that they will forward on to us.

We will then contact you to arrange an induction

Or

You can complete the self-referral form on our website.

www.cravenc.gov.uk/Healthylifestyles

On receipt of this we will call you to arrange an induction.

What Do I Need To Bring To My Weekly Sessions?

Bring with you a towel and a water bottle and make sure you wear something comfortable including a pair of trainers. There are changing facilities if you want to shower and change after the session.

What Do Our Customers Say About The Programme?

"During the course I lost 8kg (17.6lbs) and feel empowered to maintain the healthy changes I have made."

"I found the programme very helpful all round. I lost just under a stone. I felt more knowledgeable about nutrition; I look & feel slimmer, have more energy and am calmer as well."

*Please note you are not eligible for the programme if you:-

- Have had bariatric surgery in the last 2 years
- Have co-morbidities
- Are pregnant, post natal prior to attending post natal check or breastfeeding
- If you have a BMI of more than 35 with co-morbidities please ask your GP for details of other support that is available to you