



# Weight?

**Y Weight is a FREE 6 week, group based programme for adults looking for support to lose weight.**

The programme helps you to understand the importance of eating well and being more active through making small lifestyle changes that work for you.

**Benefits of the Y weight programme include:**

- Talking about any concerns you have with your food intake, body shape and/or health
- Feeling confident in looking after your own health
- Setting your own realistic goals
- Helping you to find the right eating plan for you



All programmes are delivered by trained staff and are available at different times and locations across the city.



City of  
**Stoke-on-Trent**

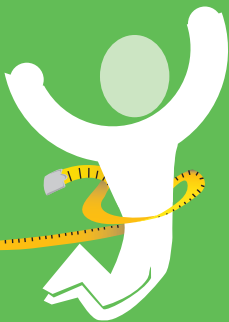
## Is Y Weight for me?

If you are:

- ✓ aged 18 years and over and live in Stoke-on-Trent
- ✓ overweight with a BMI of 30+ with additional health issues\*
- ✓ overweight with a BMI over 35, but have no known health problems (including type 2 diabetes)
- ✓ able to commit to a 2 ½ hour session once a week for 6 weeks

\* To find out your BMI visit [www.nhs.uk](http://www.nhs.uk) and search 'BMI calculator'

For more information or to find out if you meet the criteria please speak to a member of the Health Care Team at your GP Practice, who can refer you to the Y Weight programme.



# Weight any longer?

