

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 Voucher Booklet
To help with your healthy choices.



A Further 12 Weeks of Free Access to the Healthy Lifestyles Programme of Activities at Craven Leisure
When you achieve your 5% weight loss by the 12 weeks.



A Free Month's Full Membership at Craven Leisure PLUS a Further Three Months at a Discounted Rate. We Will Also Treat You to a Meal in Our On-Site Cafe
If you maintain your 5% weight loss target after 24 weeks.



What Do Our Customers Say About The Programme?

"I have thoroughly enjoyed the programme, meeting other people has been great, and the non-judgemental, relaxed atmosphere has really worked for me.

Losing 1 stone 5lb I now feel good about myself it has given me the determination and confidence to keep the changes I have made. I think the service is fabulous and I am now virtually joint pain free and doing things I never thought I would do again"

To join the programme complete our online form or for further information please contact the Healthy Lifestyles team at Craven Leisure



**CRAVEN
LEISURE**

T: 01756 706282

E: Healthylifestyles@cravenc.gov.uk

W: cravenc.gov.uk/craven-leisure/healthy-lifestyles



**Nutritional
Advice**



Exercise



**Weight
Management**



**Free
Weight Management
Programme**



**HEALTHY
LIFESTYLES**





What Is The Healthy Lifestyle Programme?

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



Who Can Join The Programme?

You are eligible to join the programme if you are:

Over 18 years of age

A resident or registered with a GP practice in Craven, or working in Craven

Have a body mass index (BMI) equal to or greater than 30

Have a BMI of 25+ AND are in a black or minority ethnic group OR have a condition such as Type 2 diabetes, cardiovascular disease or hypertension

You are not eligible for the programme if you:

- Are pregnant, or breastfeeding
- Have an eating disorder
- Have an underlying medical cause for obesity.
- Have a significant unmanaged co-morbidity or complex needs as identified by your GP or other healthcare professional
- Have had bariatric surgery in the last two years.

Please speak to your GP about other support that may be available to you.



Where and When Does The Programme Take Place?

We hold our classes in a variety of different locations either during the day or in an evening, to try and cater for everyone's needs.



How Much Does It Cost?

The programme is free of charge as part of an initiative being funded by North Yorkshire County Council.

North Yorkshire County Council has launched the programme to help people 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?

A weekly class which is 75 minutes in length which combines weigh in, nutritional advice and an exercise component.

Participants can access a range of activities free of charge whilst they are on the programme. We will provide you with details of these when you join.



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 a health assessment. Or you can complete the self-referral form on our website.

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



How long does the programme last?

The programme lasts for up to 24 weeks. If you meet your 5% weight loss target by the end of week 12, you will also be eligible to attend a 12 week maintenance programme which will provide you with further support to help you to continue with your good work.

If after 24 weeks you have managed to sustain your 5% weight loss target, you will also be eligible for a months free membership at Craven Leisure.

For full details please visit our website www.cravencdc.gov.uk/craven-leisure/healthy-lifestyles

