

## 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 including a free fruit or vegetable box\***

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 Months 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



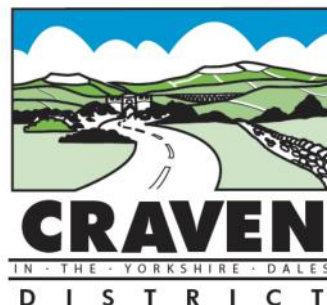
\*Keelham Goodies may vary depending on season

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



T: 01756 792805

E: [Healthylifestyles@cravenc.gov.uk](mailto:Healthylifestyles@cravenc.gov.uk)  
W: [cravenc.gov.uk/craven-leisure/healthy-lifestyles](http://cravenc.gov.uk/craven-leisure/healthy-lifestyles)



# Free Weight Management Programme



Nutritional Advice



Exercise



Weight Management

Information Leaflet

## 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.

## 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) equal to or greater than twenty five**

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

\*You are not eligible for the programme if you:-

- Pregnant, or breastfeeding
- Have an eating disorder
- Have an underlying medical cause for obesity. Please speak to your GP about other support that may be available to you
- 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.

## 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. For full details please visit our website [www.cravencd.gov.uk/craven-leisure/healthy-lifestyles](http://www.cravencd.gov.uk/craven-leisure/healthy-lifestyles)

## 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 ranges from 45 minutes to 75 minutes in length.

Longer classes also include an exercise circuit.

Shorter classes include a weigh-in and nutritional advice. To exercise, participants can access a range of activities free of charge. We will provide you with details of these when you join.

All Healthy Lifestyles participants can take advantage of the free activities offered whilst they are on the programme.

## 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.

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

## 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.

## What Do Our Customers Say About The Programme?

*"I would recommend this programme to anyone who wants to lose weight and eat healthily at the same time. The whole format suited me with a weigh-in then a discussion on a different healthy eating topic each week, followed by half a hour or so of exercise. At the end of the 12 weeks, thanks to Kyle's help and support and that of the others in the group, I lost almost 11 kilos"*

