

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.



What Do Our Customers Say About The Programme?

“Since starting the programme I have lost and maintained a loss of 1.5 stone with the help of the group discussions, weekly exercise classes and access to further classes and the gym at Craven Leisure. I have battled with my weight for many years and thanks to all the support, I now feel excited for the future and for the further weight loss that I know I can achieve with my new found knowledge and confidence”

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 792805

E: Healthylifestyles@cravencdc.gov.uk

W: cravencdc.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

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.
- 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 ranges from 45 minutes to 75 minutes in length which combines weigh in and nutritional advice.

Longer classes also include an exercise circuit.

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

