

## What is it?

Health W.I.S.E. is a lifestyle change programme designed for people who are looking to lose weight or have specific medical or health problems and would benefit from a specifically designed 12 week personal activity and weight management programme.

## Who is it for?

Your Doctor or Health Care Professional will decide whether or not you would be a suitable participant for the Health W.I.S.E. programme. Participants have the opportunity of accessing weight management and exercise sessions and if necessary a referral onto the specialist Weight Management dietetic service.

## What to do next?

Once issued with a Health W.I.S.E. referral form contact one of the centres on the reverse of this leaflet for your free consultation. You can choose whichever centre is most convenient.

Evidence shows that regular exercise and eating a healthy diet protects against heart disease and reduces the risk of other chronic conditions such as some cancers, type II diabetes and muscle, bone and joint conditions.

Along with the obvious benefits of weight management, a healthy lifestyle also promotes mental well being and improves health related quality of life.

### Activities Available Include:

- Weight management courses
- Supervised gym and exercise classes
- Health walks and cycling
- Healthy eating courses
- Allotments
- Women only exercise classes
- Men only gym sessions
- Swimming and aqua sessions

Handing you over to the experts



## Reasons for referral include:

- Weight management
- High blood pressure
  - Diabetes
- Respiratory conditions
- Muscle, bone or joint problems
- Anxiety, stress or depression

Please remember to bring your referral form with you to your initial consultation.

Appointment time.....

Venue.....

Consultant.....



Call the team on: **01254 682053**

