

# CHANGE YOUR WEIGH

Salford Weight Management Programme

**DO YOU OR SOMEONE  
YOU KNOW WANT TO  
LOSE WEIGHT AND  
IMPROVE THEIR HEALTH?**



**Then ‘CHANGE YOUR WEIGH’**

With the Salford Active Lifestyles Team

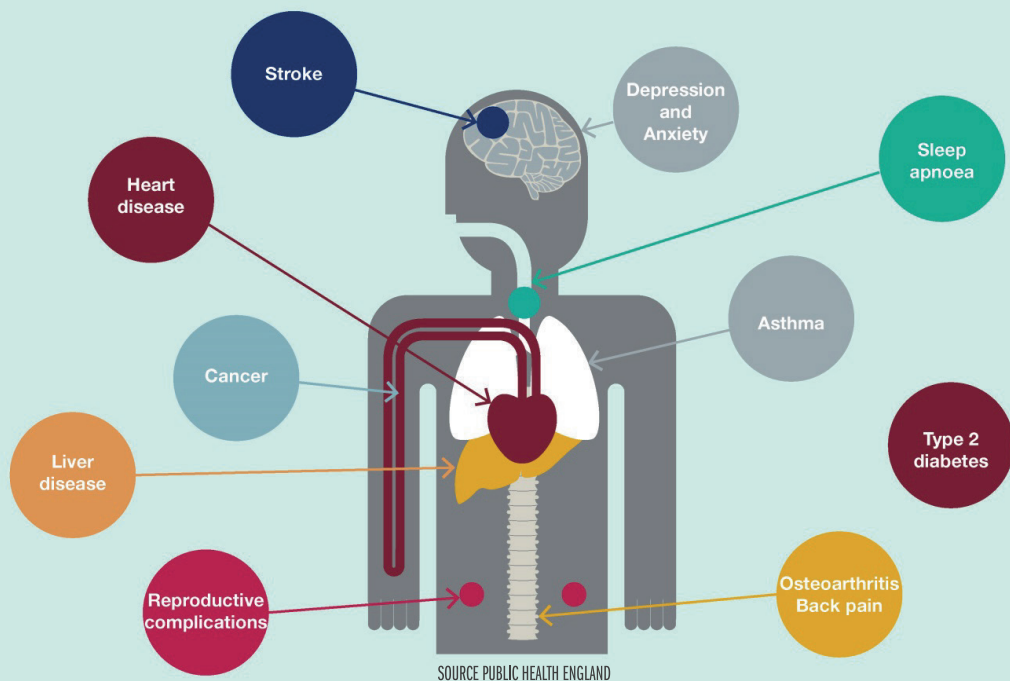
*Our free 12 week Change Your Weigh Programme will provide you with:*

- Individual nutrition advice on a one to one basis
- Physical activity
- Tips and techniques to keep you motivated

[salfordcommunityleisure.co.uk/lifestyles](http://salfordcommunityleisure.co.uk/lifestyles)

# Even a small amount of weight loss can bring about positive changes to both your physical and mental health and wellbeing.

## Obesity harms health



### *How can I join the programme?*

- If you are 18 or over
- Live in Salford or have a GP in Salford

### *What are you 'weigh-ting' for?*

For more information visit our website or contact us:

t. 0161 778 0201/0161 778 0577 / e. [active.lifestyles@nhs.net](mailto:active.lifestyles@nhs.net)