

# Weight Management Scheme

## Starts Friday 5th February 1-2pm

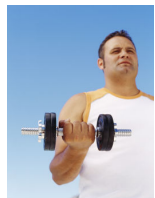
### WHAT IS IT?

- It is a 12 week programme designed to help you to lose weight by changing your lifestyle. The cost is just £60 to members & gym users.
- The weight management scheme is based on the latest research, which shows that the best way to lose weight is by eating a healthy diet and being more physically active



### HOW DOES IT WORK?

- The weight management programme is run at Cranleigh Leisure Centre and starts on Friday 5th February at 1-2pm.
- You will need to ask your GP, Practice Nurse, Health Visitor or District Nurse to complete a health information form for you to take along to your first session.
- You attend a group once a week for 12 weeks.
- Each session will provide information and support on weight issues including healthy eating, physical activity and keeping motivated.
- Part of the weekly session should include some physical activity and a fitness instructor will be able to offer additional support in helping you to become more physically active.
- Your group leader will work with you to set realistic targets and focus on modest and achievable weight loss for health.



**Don't worry if you haven't ever exercised or done any exercise for a while; the programme can be adapted to suit your needs.**

The scheme has been developed by The Public Health Department,  
local Primary Care Trusts and Leisure Services

**For more information contact your GP surgery,  
or Amanda Wright at Cranleigh Leisure Centre on:  
01483 274400**

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cranleigh  
leisure centre



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