



Healthy Weight Programme

EAT • EXERCISE • ENJOY



Getting with the programme

Most of us would like to lose some weight and have tried to do so many times before. We've counted our calories. Started exercise regimes that we never stick to. Tried the latest miracle pound-shredding diet. And we all know that they only work in the short term.

At Nuffield Health we take a different approach. Most programmes only look at one thing – diet, calories; the merest hint of an exercise schedule – but a Nuffield Health membership gives you so much more.

Our Healthy Weight Programme is designed around you, your health goals and your lifestyle. We believe in finding the right balance and creating an individual plan that will help you lose weight – and keep it off.

Over the 12-week programme, our expert team will be on hand to give you all the advice and encouragement you need. We understand that everyone's different, so we have lots of different activities and resources available so you can choose a weight loss path that suits you.

From our personalised coaching to group-focused activities, everything we do is designed to help you find a healthier, fitter you.



Tools for a healthier you

Your 12-week programme includes:

- TWO NUTRITION CONSULTATIONS
- TWO HEALTH MOTS
- TWO EXERCISE PROGRAMMES
- SIX PRACTICAL 'FOOD CLUB' WORKSHOPS
- 'GETTING STARTED' EXERCISE CLASSES
- FREE ACCESS TO NUFFIELD HEALTHSCORE™
- VOLUNTARY WEEKLY WEIGH-IN



The HEALTHY WEIGHT principles

Our Healthy Weight Programme is based on a set of key principles for sustainable weight loss and healthier living.

1

Healthier food choices

Our Nutritional Therapists will teach you about the best way to balance your diet and get the most out of what you eat.

2

Regular physical activity

Together, we will create an exercise plan that fits perfectly with your weight loss goals and your lifestyle.

3

Improved health, energy, sleep, digestion and emotional resilience

Our plan helps you improve your overall weight, but also boosting your health - affording positive long term effects on your overall wellbeing.

4

Practical group support

From group exercise classes to food clubs, knowing that there are other people facing the same challenges, and having professional support to guide you, can help a lot.

5

Behavioural change

We work closely with you to analyse your diet and lifestyle. After all, small victories ultimately become long term successes.

Expert nutrition

When it comes to nutrition and weight loss, one size certainly doesn't fit all.

Everyone is unique. Your weight, health challenges and lifestyle are all individual to you. Good nutrition is not as simple as saying "avoid x, eat y". It's all about finding the right balance for you.

That's why our Nutritional Therapists take the time to get a better understanding of your health goals, lifestyle demands and medical conditions so they can better support you. They will work with you to find ways your diet can be improved to help you achieve results.

However, improved nutrition is only one part of the puzzle. It's true that no weight loss programme that's based on diet alone is going to be effective in the long term. The nutrition aspect of our programme works hand in hand with a personalised exercise plan to help you achieve sustainable weight loss.





EXERCISE

Personalised exercise programmes

Weight loss regimes are often all pain, no gain. Not with us. Our mix of individual training and group classes offers a fun, practical approach to losing weight and staying healthy.

Sitting hand in hand with a healthy diet, regular physical activity is an essential part of getting and staying fit. Many of us find the idea of going to the gym intimidating. You don't have to. Whatever your fitness level, we'll help you set an exercise plan that works towards achieving your personal weight loss targets.

You won't need to be lifting huge weights or running on the treadmill endlessly either. We offer a range of group classes from Zumba to Spin. To give you more confidence to try these fun classes out, we have specially designed 'Getting Started' classes for you on the timetable each week.

These classes will teach you the basics, so that you can join in with other classes on the timetable when you feel ready.

To help you measure your progress, we have a review system built into the programme. This means that as you get fitter, we can tweak your plan accordingly, ensuring that your health and fitness is always moving in the right direction.



Testimonials

Our aim is for you to enjoy your weight loss journey. If you are having a good time you are much more likely to complete the programme, which means you're more likely to hit your weight loss target and have the added bonus of a healthier, fitter you. Here are some of our success stories, from real customers. Just think, the next one could be you:

"My experience was amazing. I feel like I've been given a new lease of life."

"Despite getting up an hour earlier to go to the gym, I have so much more energy in the evening."

"I really liked the programme. It was well-structured and long enough that it got me into the habit of doing things the right way."

"I feel more confident, which is part of toning up, but also being more content with myself."

"The initial Health MOT was a wake-up call, I was shocked to discover I was classified as obese. The Programme made a massive difference and the balance between exercise and nutrition was perfect."





FOR THE LOVE OF LIFE

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