



# Your guide to weight loss.

Our weight loss option utilises the most up to date evidence and guidelines to help you set the foundations for achieving a healthy weight for life.

# What to expect from your assessment.

The first 30 minutes will consist of a range of body composition measurements and other important health parameters linked to weight including blood glucose, cholesterol and blood pressure.

The second 30 minutes of your assessment includes an analysis based on a uniquely designed weight loss guide. Using this personalised guide the health and wellbeing physiologist will help you set realistic goals, understand how to manage sustainable behaviour change and advise you on correct calorie consumption. You will also be offered a number of healthy meal suggestions.

All of our assessments now include the option of up to two 10 minute follow up calls with a health and wellbeing physiologist. These are used to support agreed behaviour change plans or any issues found during the assessments\*. For those requiring on-going support please enquire about our Healthy Weight programme\*\*.

[www.nuffieldhealth.com/changingyourhealth](http://www.nuffieldhealth.com/changingyourhealth)

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