

Healthy Balance Programme Information

This is a 4 month programme for people who would like to lose weight and improve their overall health

Aim: Individuals to achieve a minimum of 3% weight loss over the programme

Objectives:

1. To offer ongoing support to those wanting to lose weight
2. Allows you to access peer support
3. Improves knowledge of healthy eating and lifestyle

You will be assessed by a Dietitian in a one-to-one clinic appointment and if they think that you would benefit from the programme they will refer you on to it.

Structure

The programme offers 4 group sessions (see below) led by a Dietitian, running once a month for 4 consecutive months. You will be given the opportunity to weigh yourself at each session and review your targets with the Dietitian.

- Session 1 – Eating a Balanced Diet
- Session 2 – Physical Activity
- Session 3 – Shopping, food labels and eating out
- Session 4 – Sticking to changes, looking to the future

After you have completed the group sessions, you will be able to book one more one-to-one appointment with the dietitian, after which you will be discharged from the service

Questions to ask yourself:

1. In the past month, have you been actively trying to lose weight? Y/N
2. In the past month, have you been actively trying to keep from gaining weight? Y/N
3. Are you seriously considering trying to lose weight to reach your goal in the next 6 months? Y/N
4. Have you maintained your desired weight for more than 6 months? Y/N

Attendance

If you miss a session without calling beforehand to cancel then **you will be discharged** from the Dietitian and we will notify your GP. You will be given dates in advance so please make a note of these to avoid missing a session. If you can't make the session, you can be transferred on to a different programme at a later date.