



Nottingham
City Council



12 WEEK WEIGHT MANAGEMENT PROGRAMME TO HELP PEOPLE LOSE WEIGHT AND STAY HEALTHY

.....

We currently run sessions at the following venues:

CLIFTON LEISURE CENTRE

Southchurch Drive
Clifton, Nottingham
NG11 8AB

.....

Tuesdays
8 January – 18 March
11.15am – 12.45pm

SOUTHGLADE LEISURE CENTRE

Southglade Road
Bestwood, Nottingham
NG5 5GU

.....

Tuesdays	Wednesdays
2 January – 19 March	3 January – 20 March
11.15am – 12.45pm	5.15pm – 6.45pm

HARVEY HADDEN SPORTS VILLAGE

Wigman Road
Nottingham
NG8 4PB

.....

Thursdays
4 January – 21 March
5.45pm – 7.15pm



Nottingham
City Council

This is a 12-week weight management programme aimed to help participants lose weight and put the building blocks in place to make long-term changes to their health and wellbeing.

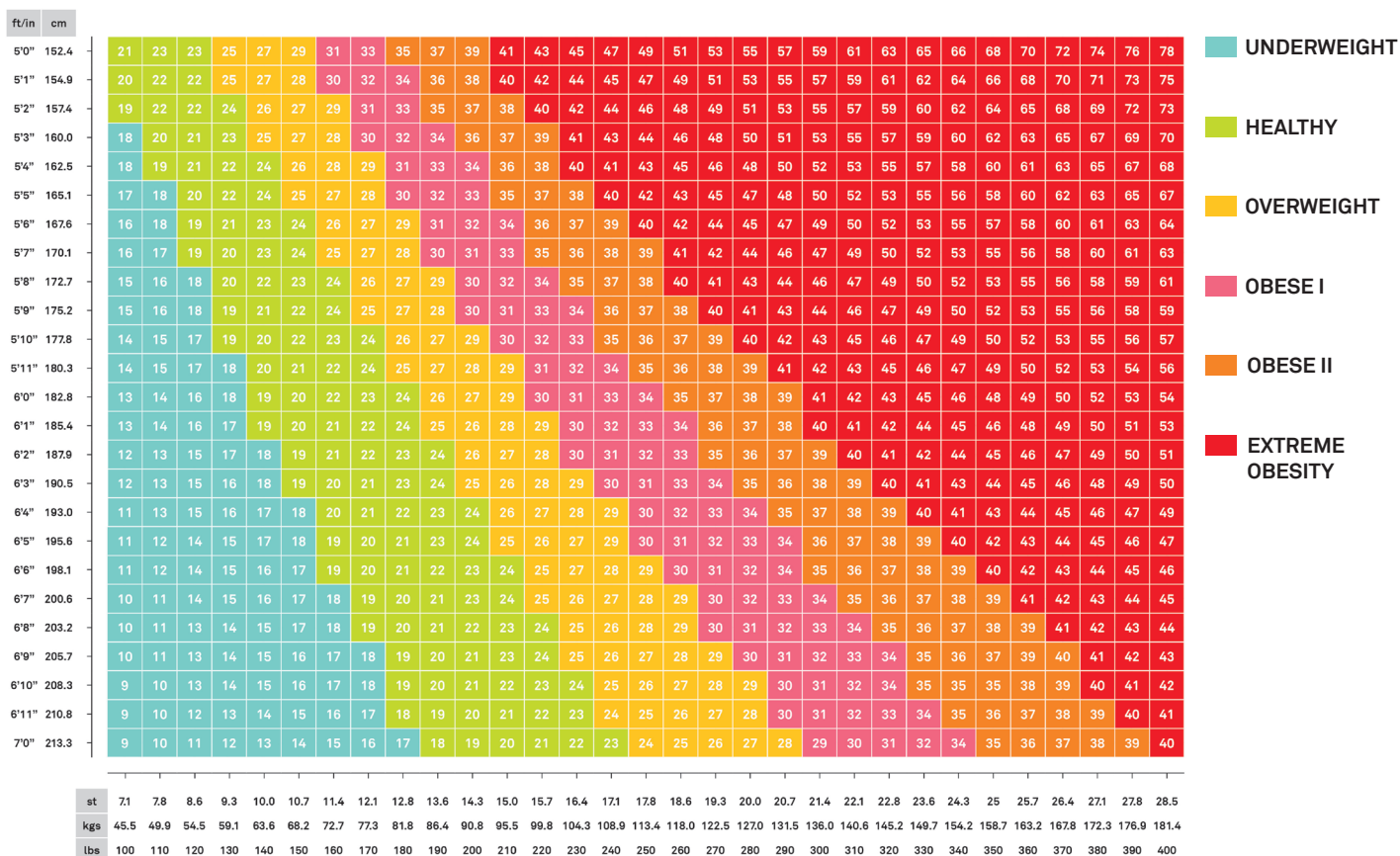
Each weekly session will consist of a 45-minute educational workshop covering issues such as physical activity, diet or sleep, and a 45-minute physical session including activities such as group fitness, gym-based exercise and organised sport.

The key aim of the programme is to help participants lose weight – we hope to see weight loss of at least 5% by the end of the 12-week cycle –and we also hope to provide individuals with the information they need to make informed choices about their diet and activity.



ELIGIBILITY CRITERIA:

LIVING WITHIN NOTTINGHAM CITY COUNCIL BOUNDARIES
MOTIVATED TO LOSE WEIGHT AND ATTEND THE 12 WEEK PROGRAMME
AGED 16 YEARS AND OLDER
BODY MASS INDEX GREATER THAN 25
BODY MASS INDEX OF 23 OR MORE IF OF AFRICAN CARRIBEAN OR SOUTH ASIAN DESCENT



For further information, please contact Callum Pharoah on 07726 677048
or email callum.pharoah@trentbridge.co.uk

OR VISIT

TRENTBRIDGE.CO.UK/WEIGHTMANAGEMENT