



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  
2 January – 19 March  
11.15am – 12.45pm

.....  
Wednesdays  
3 January – 20 March  
5.15pm – 6.45pm

### HARVEY HADDEN SPORTS VILLAGE

Wigman Road  
Nottingham  
NG8 4PB

.....  
Thursdays  
4 January – 21 March  
5.45pm – 7.15pm



**Nottingham**  
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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.

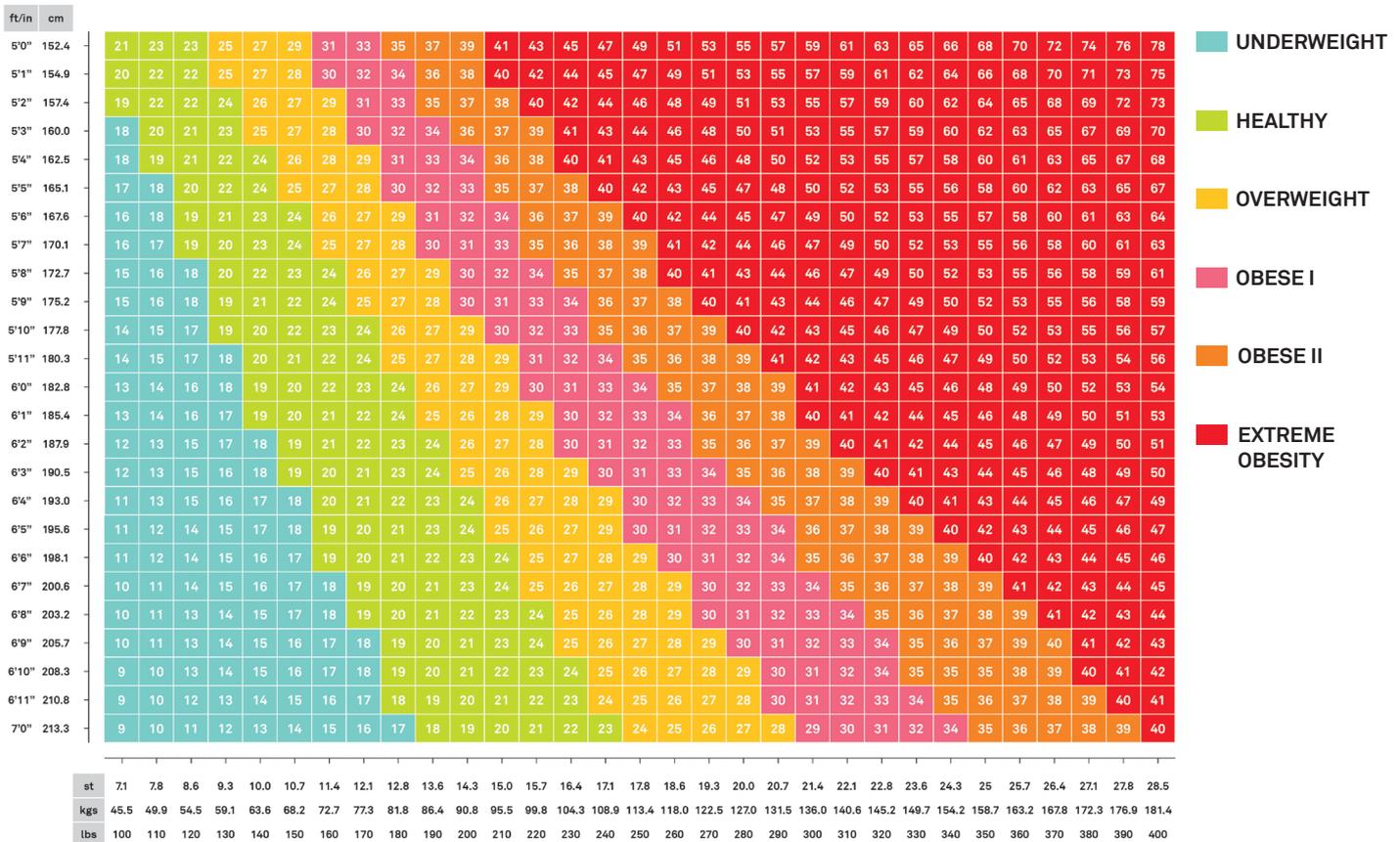
Each weekly session will consist of a 45-minute educational workshop covering issues such as physical activity, diet or sleep, and a 45-minute physical session including activities such as group fitness, gym-based exercise and organised sport.

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](mailto:callum.pharoah@trentbridge.co.uk)

OR VISIT

**TRENTBRIDGE.CO.UK/WEIGHTMANAGEMENT**