

# YOUR JOURNEY TO A HEALTHIER HAPPIER YOU



1. If your BMI is between 25 kg/m<sup>2</sup> and 44.9 kg/m<sup>2</sup> begin by referring yourself or speak to your GP/practice nurse about being referred\*

2. Once we receive your referral we will contact you to book your place on the programme and gather additional information



3. We will send you introductory information prior to you starting the 12 week programme at the centre of your choice

4. You will attend the 2 hour weekly programme for 12 consecutive weeks. We will track your weight loss progress and complete a review of your achievements



5. On completion of the 12 week programme we will continue to provide you with support and information for up to a year to continue to achieve a healthy weight

\*for full inclusion and exclusion criteria visit [www.everyoneactive.com/live-healthier-havering](http://www.everyoneactive.com/live-healthier-havering)

## ARE YOU READY?

- Can you commit to attending weekly 2 hour sessions for 12 weeks?
- Are you ready to make sustainable changes to your eating habits and lifestyle?
- Do you recognise how making steady changes to your diet and lifestyle to lose weight with our support can positively change your life?

## HOW DO I GET STARTED?

Whether you want to refer yourself or you are a health professional who would like to refer someone visit: [www.everyoneactive.com/live-healthier-havering](http://www.everyoneactive.com/live-healthier-havering) which has a link to our secure referral form and information about upcoming courses

Why not get a friend or family member to sign up to a healthy lifestyle with you!

Once we have received your completed form we will be in touch as soon as possible.



## HOW TO CONTACT US

If you have any questions please contact us at:  
[haveringweightmanagement@everyoneactive.com](mailto:haveringweightmanagement@everyoneactive.com)  
01708 463181

Information about upcoming courses can be found at:  
[www.everyoneactive.com/live-healthier-havering](http://www.everyoneactive.com/live-healthier-havering)

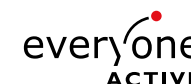


## HAVERING WEIGHT LOSS PROGRAMME



## HELPING EVERYONE STAY HEALTHIER FOR LONGER

A free and inclusive adult weight loss support service brought to you by Everyone Active in Havering, led by qualified weight management and exercise specialists.



## What is Live Healthier Havering?

- Free practical support and guidance to empower individuals to make small, realistic changes to their diet and health to enable people to live healthy lives
- 12 week group programme with up to one year follow up to help embed the positive changes to your eating habits and physical activity levels

## What can Live Healthier Havering do for me?

- Our programme has successfully supported lots of people to lose weight and maintain it.
- People who complete the full 12 week programme on average lose 5% of their body weight
- Increase your energy levels
- Increase your self-esteem
- Reduced risk of disease such as coronary heart disease, diabetes and stroke
- Increased mobility



## Who is Live Healthier Havering for?

- Havering residents
- Aged 18+
- BMI equal to or greater than 25 kg/m<sup>2</sup> (adjusted to 23kg/m<sup>2</sup> in people of Black African, African-Caribbean and Asian origin) up to BMI of 44.9 kg/m<sup>2</sup>
- For full referral inclusion and exclusion criteria visit [www.everyoneactive.com/live-healthier-havering](http://www.everyoneactive.com/live-healthier-havering)

We advise that individuals should consult with their GP prior to starting any new exercise or nutrition programme.

## What if I have not exercised before?

Do not worry, our weight management and exercise specialists will lead the group through a low impact workout at a level that supports weight loss whilst being appropriate for varying abilities.

All you require is comfortable clothing, training shoes and a bottle of water.

## Our 12 weekly 2 hour sessions consist of:

**1 hour classroom session that covers subjects such as:**

- The eatwell guide and food labelling
- Portion sizes
- Emotional and comfort eating
- Making healthy eating and physical activity part of your routine

**45min physical activity session:**

- Caters to all abilities
- Supports your own goals
- Provides a fun and supportive environment for you to increase your physical activity levels safely
- We will send you introductory information prior to you starting the 12 week programme at the centre of your choice
- Confidential weight measuring at each session so we can support and track your progress
- Our sessions are led by experienced instructors who develop a great environment and allow time to socialise with other individuals to discuss challenges and success
- On completion of the 12 week course we will support you to maintain your weight loss and healthy lifestyle
- We require participants to provide us with information which will be used for monitoring and evaluation of their progress throughout the 12 week programme.