

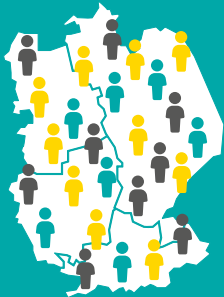
POST PREGNANCY

LOSE WEIGHT EAT WELL



1:1 SUPPORT

Alongside your choice of programme, benefit from 1:1 discussions and support from our programme practitioner to help get the best from your journey and achieve your goals. Our appointments can fit around your busy schedule and work for you.



To access all this support, you will need to be:

- A resident of Lincolnshire or registered with a Lincolnshire GP
- Over the age of 18
- BMI >30 or BMI >27.5 BAME.
- Had a baby within the last 12 months



We recognise that everybody's day looks different and it is important that a programme works for you and your lifestyle.

That is why we have a variety of programmes delivered by;

- Telephone
- Digital platforms
- Face to face workshops

To sign up, give us a call at One You Lincolnshire on **01522 705162** or visit our website.

You can also speak to your healthcare professional or family support team for a referral

www.oneyoulincolnshire.org.uk

hello@oneyoulincolnshire.org.uk

Tel. 01522 705162

 @oneyoulincolnshire

 @oylincolnshire

ONE YOU
LINCOLNSHIRE

CHOOSE FROM ONE OF THE FOLLOWING PROGRAMMES:



LOSE WEIGHT WITH ONE YOU LINCOLNSHIRE

This programme gives you knowledge, useful tips and motivation to achieve long term lifestyle changes! The fun, practical and thought provoking 12 week course combines healthy eating information with light intensity physical activity. You will enjoy:

- Personalised food diary feedback
- Group cook along sessions (optional)
- Access to our online Physical Activity platform – live and on demand classes!
- Resource pack

This programme is available via face to face workshops or virtual workshops, to suit you.



SLIMMING WORLD

With a free 12 week voucher you will receive support from a trained Slimming World consultant and access to more than 50 years experience, expertise and science. This support includes:

- Food Optimising Plan and behaviour change support
- Weekly group meetings
- Free member pack of books and resources
- 24/7 access to over 14,000 recipes
- Access to Body Magic Activity



**weightwatchers
reimagined**

Access a 12 week voucher to a face to face WW workshop and you will enjoy:

- Wellness checks with a trained WW coach
- Fun and interactive group workshops to share ideas and challenges
- Books and resources

OR

Access a 16 week digital voucher and you will enjoy:

- 16 week access to app support
- 24/7 advice from WW coaches
- Over 1000 recipes
- Guided workouts and meditation
- Track food, weight and activity

