



Walsall Healthy Weight Service

One You Walsall are funded by Public Health to support adults to lose weight

It is **FREE** of charge if people:

- Live, work or are registered to a GP in Walsall
- Are aged 18 or over
- Are overweight. This means they have a body mass index (BMI) of 25+ adjusted to 23+ for Black, Asian and other ethnic minority groups

NB: To find out your BMI please visit: www.nhs.uk/live-well/healthy-weight/bmi-calculator/

One You Walsall will provide you with:

- Evidence based healthy eating advice with support to achieve healthy lifestyle goals
- Support to increase physical activity
- Staff that are trained to help you make positive changes

The **FREE offer** is for a period of 12 weeks with light touch support until week 26. Most face to face sessions can be delivered remotely too! The programme is summarised below...

As the current provider of Walsall's Healthy Lifestyles Service, One You Walsall offer a healthy weight programme, specific to the client's needs. They work in partnership with other providers and offer a range of support options e.g. weight management workshops, weigh-ins, one to one support (telephone and/or face to face), group sessions, exercise classes and an option to access slimming world for 12 weeks free of charge. If you are interested please...

Call: 01922 444 044 to speak to a healthy lifestyle specialist

Get in touch **online:** www.oneyouwalsall.com/get-in-touch

OR Book an initial assessment: www.oneyouwalsall.com/book-online

Website: www.oneyouwalsall.com/eat-well-manage-your-weight

NB: you can also access the service for other support in addition to or instead of managing your weight e.g. emotional wellbeing, stop smoking, increasing physical activity and other lifestyle goals.



Walsall Council

ONE YOU WALSALL