

Health Promotion Service

Weigh2Lose Programme

What is it?

Weigh2Lose is a NHS weight management, healthy lifestyle and exercise group run by dietitians, nutritionalists and physical activity instructors.

Sessions are run over 12 consecutive weeks, and each session is split into 2 parts:

- Lifestyle management and healthy eating (1hour)
- Exercise (1hour)

For each session you participants will need to:

- bring a bottle of water
- wear light and comfortable clothing and trainers or similar shoes
- bring your £3.05 fee for the exercise instructors and facilities.

Each week you will be encouraged to keep a food diary to monitor eating patterns and to set weekly goals.

Who can attend?

Those who are above a health weight, therefore ,any adult with a Body Mass Index (BMI) greater than 27 from South Asian and Afro-Caribbean ethnicity, and a BMI of greater than 30 for all others. However, priority is given to those with a pre existing health condition or those considered high risk.

Participants are encourage to bring family member, partner, carer or friend to help support behaviour change

When is it?

Week days / evenings / weekend sessions are available, to offer varying opportunities to attend

Where is it?

- The Heart of Hounslow Centre for Health,
92 Bath Road, Hounslow TW3 3LN
- Isleworth Leisure Centre,
Twickenham Road, Isleworth TW7 7EU

- Feltham Airparks Sports Centre
Uxbridge Road, Hanworth TW13 5EG
- Brentford Fountain Leisure Centre
658 Chiswick High Road, Brentford TW8 0HJ
- The Hub,
103 Salisbury Road, Hounslow TW4 7NW

Women only. Fridays at 5:30 to 7:30pm at:

- Cranford Community School, Cranford Lane, Heston Middlesex.

Please note that we will have weigh to lose running at 3-4 locations at any one time so please state a first second and third preference of location on the referral form

How do I join?

Call 020 8630 7511 to book your place on this course

How much does it cost?

£3.05* each session (for use of exercise facilities)