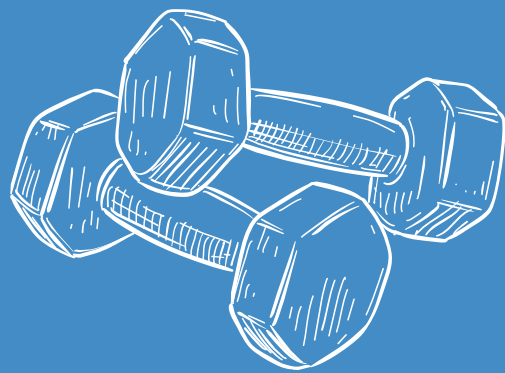


The Weight Wise Programme



12-Week Weight-Loss Education
and Exercise Programme

Kirkby Centre



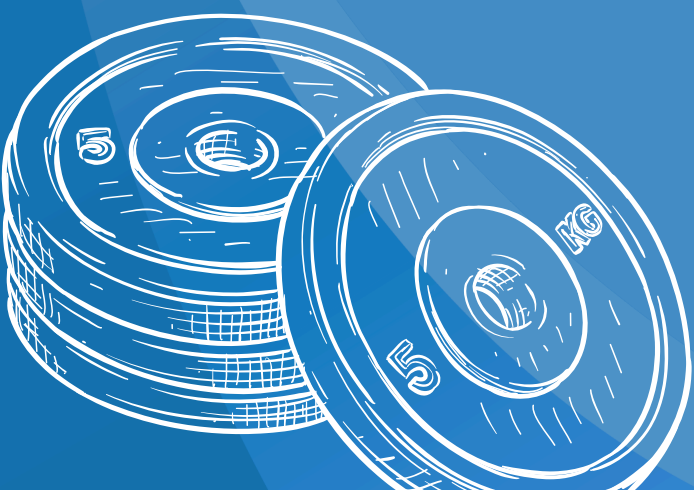
Welcome to the Weight Wise Programme

Weight Wise is a supportive, practical programme designed to help you build healthy habits that fit into your everyday life.

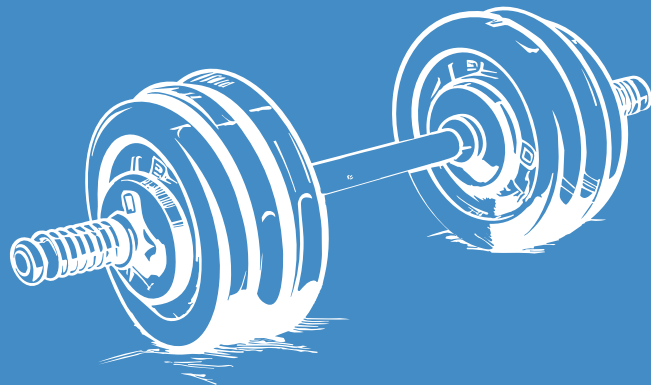
Each week, we'll explore a different topic through sessions that includes:

- A short health and wellbeing topic
- Group discussion
- A practical activity
- One simple action to try during the week

Weight Wise supports small, realistic changes for long-term health and wellbeing.



Your 12-Week Journey



Week 1

Realistic Expectations & SMART Goals Set achievable goals and discover what healthy, sustainable progress looks like.

Week 2

Understanding Energy Balance Learn how food, drink and movement affect your energy balance and overall health.

Week 3

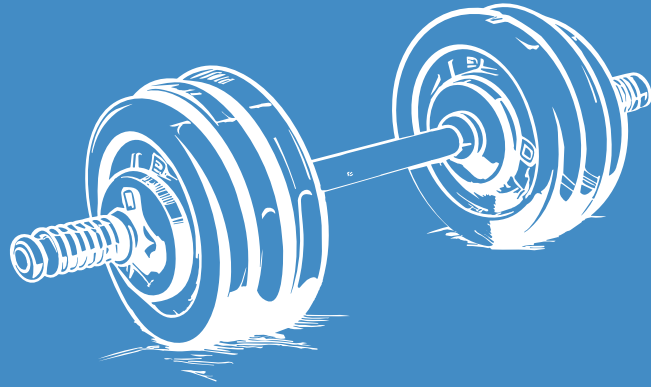
Portion Control & Balanced Meals Build satisfying meals and understand portion sizes without weighing every bite.

Week 4

Reading Food Labels Learn how to compare products and make informed choices when shopping



Your 12-Week Journey



Week 5

Affordable Healthy Eating Discover budget-friendly meal planning, shopping tips and ways to reduce food waste.

Week 6

Managing Cravings & Emotional Eating Understand your triggers and develop practical strategies to manage cravings.

Week 7

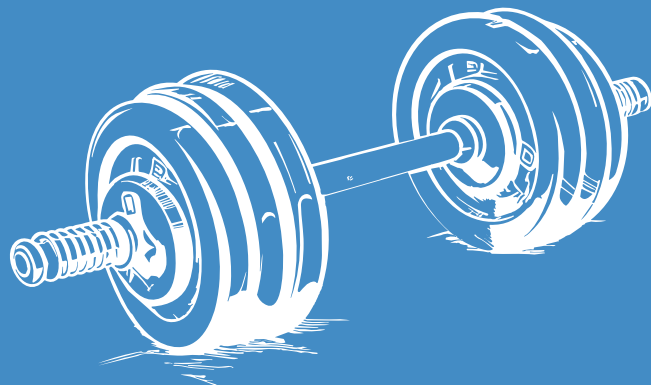
Moving More Every Day Explore simple ways to increase activity and reduce time spent sitting.

Week 8

Sleep, Stress & Healthy Routines Learn how sleep and stress affect wellbeing and create routines that support success.



Your 12-Week Journey



Week 9

Motivation & Behaviour Change Build habits that last and learn how to bounce back from setbacks.

Week 10

Eating Out & Social Events Enjoy meals out and celebrations while staying on track with your goals.

Week 11

Maintaining Your Progress Identify what works for you and create a plan for long-term success.

Week 12

Celebration & Next Steps Reflect on your achievements, celebrate your progress and plan your future journey.



Ready to Take the First Step?

- Learn practical, evidence-based strategies
- Build healthy habits that fit your lifestyle
- Receive support in a friendly, non-judgemental environment
- Focus on progress, not perfection
- Join us and discover how small changes can lead to lasting results.

Whether your goal is to lose weight, improve your fitness, boost your confidence or simply feel healthier, Weight Wise is here to support you every step of the way.



Speak to a member of the team today to find out more or book your place.



Your journey starts with one small step. Let's take it together