

Start a healthy lifestyle and take control of your weight

If you are **pregnant** and want to find out more about healthy weight during pregnancy please speak to your midwife/GP reception about the **Slimming World** programme or look on [ASKLiON](#)

Live within the Nottingham City boundary?

Motivated to lose weight?

Committed to take part in a 12-week getting healthy programme?

If you **don't** live within the City boundary but would like to find out more about services in Nottinghamshire please take a look at

Your Health Your Way,
www.yourhealthnotts.co.uk or
call the administration team
on 0115 772 2515

Aged 18+

BMI of 25 or more (23 for BAME)

If you'd like face to face group sessions looking at healthy eating and diet – some focus on physical activity, then maybe

Slimming World is for you

- Weekly sessions at accessible locations across Nottingham city
- People who have attended for 12 weeks and losing weight can get another 12 weeks free to achieve their target weight

To start your registration for your FREE 12-week, click [here](#). Those who do not have internet access can call 01773 546055



Aged 35-65, BMI of 28 or more

Waist measurement of at least 31 inches for females and 37 inches for males

If you'd like face to face group sessions for men and women with physical activity – some focus on healthy eating and diet, then maybe **FIT**

Magpies run by **Notts County Foundation** is for you

- 12-week programme based at Portland Leisure centre in the Meadows and other venues
- Weekly group physical activity sessions and a classroom element using a workbook

To start your registration for your FREE 12-week programme, please email or call Chris Riley on chris.riley@nottscountyfitc.org.uk or 07949 869020. Or register at www.efltrust.com/fitfans/



Aged 18+

BMI of 30 or more (27.5 for BAME)

If you'd prefer app and / or telephone support - following a personal plan, then maybe

Oviva is for you

- Telephone-only or digitally enabled care options using the NHS approved Oviva app, offered in 23 languages
- 12-week personally designed programme offering coaching sessions via the Oviva smartphone app, interactive group-based sessions, or telephone with dietician/health coach if preferred

To start your registration for your FREE 12-week programme, please call 02076 224777 or [Self Refer for Oviva](#)



Nottingham
City Council