

# WHAT ARE THE BENEFITS OF LOSING WEIGHT?

Losing weight for you might be about feeling better, having more energy or fitting into your favourite outfit. All of these are great reasons to lose weight, but did you know research demonstrates that a weight loss of 5kg results in immediate health benefits such as:

- Lower blood pressure
- Lower blood cholesterol levels
- Improved blood sugar control
- Improved mobility and reduced aches and pains

## Can I choose which service I attend?

Depending on your individual health circumstances and personal needs, an NHS GGC advisor will direct you to the most appropriate service.

## How much will it cost me?

Nothing! This service is free to patients living in the Greater Glasgow & Clyde area who are overweight and have a range of related health conditions.

## Your health

It is important that you continue to monitor your health conditions and seek guidance from your GP or health professional.

The Weight Management Service will not offer diabetes or other clinical condition advice. If you have concerns about your condition, always discuss this with your GP or healthcare professional.



# Want to lose weight?

Greater Glasgow & Clyde

## Weight Management Services can help



Take the first steps towards a healthier, happier and slimmer you.

## WeightWatchers® IN PARTNERSHIP WITH NHSGGC

Weight Watchers meetings are welcoming, motivating, supportive and friendly. They make a huge difference to people losing weight. Meetings are run by expert Leaders who themselves have successfully lost weight with Weight Watchers. They've learnt how to deal with the challenges of losing weight and have real expertise in supporting others to achieve weight loss success. Every week in meetings different real life weight loss topics are discussed and ideas, solutions and support shared. You also get individual confidential support as you weigh in weekly.

### WHAT WILL I GET?

You will attend classes in the community and have the same service and support as anyone attending Weight Watchers. With your NHSGGC Weight Watchers referral you will get:

- 12 vouchers to attend a meeting
- 16 weeks of access to online and mobile tools to support your weight loss
- If you attend 12 sessions and lose 5kg you may be eligible for a further 12 sessions of support

You will be invited to return to your class at 6 months and 12 months for a FREE session.

Visit [weightwatcherslocal.co.uk](http://weightwatcherslocal.co.uk) for details of classes in your area.



## GLASGOW & CLYDE WEIGHT MANAGEMENT SERVICE

Glasgow & Clyde Weight Management Service is run by a dedicated team of dietitians, psychologists and physiotherapists.

The service will help you to change your eating behaviours and improve your physical activity levels. The team will help you to set realistic weight loss goals to improve health and give you the tools needed to maintain weight loss over time. This evidence-based service addresses physical and psychological barriers of low mood and disordered eating to support weight management. Specialised liquid diets, medication and surgery are also available as appropriate.

### WHAT WILL I GET?

You will attend sessions at a range of community venues, where you will be given:

- An initial assessment
- Advice on nutrition, healthy eating, physical activity and behaviour change
- Group sessions with tailored advice and the opportunity to ask questions
- Expert advice on nutrition
- A personal dietary prescription
- Get Started physical activity groups, chair-based classes and individual activity consultations addressing your barriers to activity
- Free to attend evening talks dealing with the thoughts and emotions that prevent weight loss
- DVDs for those who wish to watch the evening talks at home
- Website support with patient area for leaflet, recipe and diary downloads

### WHAT'S NEXT?

Once we have received your referral you will be contacted by a member of NHSGGC to discuss which service you will be appointed to and we can answer any questions you may have.

You can also call us on 0141 211 3379 (from 8am to 4pm) and we'll call you back. Interpreters can be provided.