



EAT WELL MOVE MORE FEEL BETTER

# Healthy Us

Support to reach a healthy weight

- Free 12 week weight management course
- Lose weight and keep it off!
- For anyone living in Wiltshire, aged over 18 and with a body mass index (BMI) above 28. (Ages 14+ can attend if accompanied by a parent/carer)
- Weekly session topics include: balanced nutrition, emotional eating, snacking, eating out and physical activity
- Online or face to face group courses

To join a course, get in touch with us at the Wiltshire Health Improvement Hub on:

**Phone:** 0300 003 4566 (Select Option 1)  
**Email:** [health.coaches@wiltshire.gov.uk](mailto:health.coaches@wiltshire.gov.uk)  
**Facebook:** @wiltshirehealthimprovementhub  
**Website:** [wiltshire.gov.uk/public-health-weight-adults](http://wiltshire.gov.uk/public-health-weight-adults)



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# Healthy Me

A fun approach to wellbeing

**Healthy Me** is a lifestyle programme for children aged 5-18 and their families helping them to make small steps towards achieving a healthier lifestyle.

Healthy Me is suitable for children above the healthy weight for their age and provides information on:

- The Eatwell Guide
- Portion Sizes
- Physical activity and energy balance
- Meal planning and food choices
- Food labeling tips and much more...

Sessions are delivered in a fun and interactive format which helps to encourage self esteem and confidence in young people.

Healthy Me is Free and available for families in Wiltshire, offering group and one-to-one sessions.

For more information please contact:

Tel: **0300 003 4566 (select option 1)**

Email: **[healthyme@wiltshire.gov.uk](mailto:healthyme@wiltshire.gov.uk)**

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