



Lose weight. Improve your Health.

- **WaistWise** is a **FREE** 12 week programme **for men and women.**

WaistWise can help you;

- Lose weight
- Feel more energetic
- Improve your confidence
- Lower your health risks

To find out more:

Call the WaistWise team on
01246 868468

Or contact your GP surgery.

Visit www.waistwisederbyshire.co.uk



Feel out of breath when walking up the stairs, or to the shops?

Find it difficult to buy clothes that fit properly?

Having sleep problems?

Unable to complete some everyday activities such as playing with the kids or gardening?

Would you like more energy and confidence to feel better about yourself?

WaistWise can help you lower your risk of: diabetes, heart disease, high blood pressure, strokes.

What is WaistWise?

A **FREE** course of 12 weekly sessions.

Separate courses for men and women who want to lose weight.

Trained course leaders will encourage you to learn what changes you can make to improve your health and reduce your weight.

Each session is two hours long and is split into;

- An exercise session designed to suit everyone's needs and taught by qualified, experienced instructors.
- An information session to help you to learn more about your health, nutrition, activity levels and make a plan for a healthy lifestyle.

The **WaistWise** course is relaxed and enjoyable giving you the chance to get together with other men and women who want to lose weight and improve their health.

"I found that the company of others helped me to try harder"

"I didn't think such small changes could make such a big difference"

"I have a lot more self-confidence"

"I feel fitter and have lots more energy"

"I lost weight and my blood pressure has reduced"



Small changes can make a big difference.