



**GET ACTIVE
EAT HEALTHY
LOSE WEIGHT**

Join our **FREE** Weight Management Service

Take control of your weight and improve your wellbeing with Your Health Norfolk. Our **FREE 12-week Adult Weight Management Groups** provide tools and support to help you become more active, eat well and lose weight. Transform your lifestyle with us.

If you don't qualify for our free 12-week course, you can still participate in our program from £6 per session. Check your eligibility on our website and join us.

Topics covered:

- Balancing Act: Understanding the Components of a Healthy and Nutritious Diet
- Mastering Behaviour Change: Effective Techniques for Positive Transformation
- Exercising for Weight Loss: Maximising the Benefits of Physical Activity
- The Power of Protein: How it Aids in Weight Loss and Boosts Your Health
- Carbs, Fats, and Weight Loss: Finding the Right Balance for Your Health
- Fluids and Alcohol: Understanding the Effects and Risks
- Portion Control and Food Labels: Essential Tools for Effective Weight Loss
- Meal Planning and Mindful Eating: Key Ingredients for Successful Weight Loss
- Eating Out or Ordering In: Navigating Food Choices and Maintaining a Healthy Diet
- Gut Health: Nurturing Your Microbiome
- Sleep Better, Live Better: The Connection Between Weight Loss and Sleep
- Conquering Obstacles and Achieving Weight Loss Goals: Strategies for Success

Get in touch today!



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www.yourhealthnorfolk.co.uk



In partnership with



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