



Want help to lose weight?

Please call **Freephone 0800 917 6264**
to find the right service for you



Healthy Lifestyles Doncaster supports adults with a BMI $\geq 35\text{kg/m}^2$ and children with a BMI ≥ 98 th centile to make healthy changes to their lifestyle to achieve and maintain a healthy weight.

- Led by an experienced NHS team including; Dietitians, Healthy Lifestyle Advisors, a Physiotherapist, Exercise Specialists and a Psychology professional
- This new service for Doncaster residents provides one to one support for 12 months
- Group information and activity sessions available
- Venues across Doncaster



Healthy Weight Solutions offers free group information, advice and support programmes for adults with a BMI over 25kg/m^2 .

- Different times & venues across Doncaster
- 12 relaxed and informal sessions for men & women
- Led by experienced NHS staff



- A **one to one appointment** with a Dietitian could be available at your local surgery, health centre or hospital outpatient department.



Search



For further useful healthy lifestyle information including healthy recipe ideas, please visit

NHS Choices website

(<http://www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx>) and

Change 4 Life website

(<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>).

For information on local physical activities available, contact

Doncaster Culture and Leisure Trust (<http://www.dclt.co.uk>).

BMI calculator

You can calculate your BMI using the online BMI calculator at <http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>.

Alternatively you can call us with a recent height and weight measurement and we will calculate your BMI for you.

Please call Freephone 0800 917 6264 to get more information about any of these and related services for you or your family. Alternatively email us at healthylifestyles@dbh.nhs.uk. Please leave your name and a contact number so we can get in touch.