



Step by Step

Adult Weight Management Programmes

Do you want to lose weight
and become more active?

YES! Then **'Step by Step'** is for you.



Healthy lifestyles



www.activeluton.co.uk

Step by Step

putting a smile back into your life



Active Luton works in partnership with NHS Luton to deliver weight management programmes. Our aim is to help adults to achieve and maintain a medically significant weight loss (5-10%) and to lead a healthier lifestyle.

Who can attend?

- ♥ Anyone referred by their GP Practice
- ♥ Adults aged 18-75 years with a Body Mass Index (BMI) of 30+
- ♥ Adults suffering from Diabetes, Heart Disease, High Cholesterol and High Blood Pressure

Step by Step will also help to:

- ♥ Reduce Body Mass Index
- ♥ Naturally build self-confidence
- ♥ Make lifestyle changes
- ♥ Reduce Cholesterol
- ♥ Reduce Blood Pressure
- ♥ Reduce reliance on medication

How can Step by Step help you?

During the programme you will be introduced to a range of activities, helping and encouraging you to make exercise a regular feature of your life.

Programmes usually run for 10 weeks with 2-hour weekly sessions. After the initial 10 weeks a series of quarterly support and review sessions will be arranged to guide you through the rest of the year.

The course offers a mixture of nutritional and fitness advice. This includes healthy eating, food shopping, cooking and eating out, along with a programme of physical activity to help you achieve the overall goal of sustained weight loss.

Active Luton also offers incentives to encourage you to maintain regular physical activity.



step into a healthy new lifestyle

For further details or to enrol on the next programme please call the **Healthy lifestyles Team** on **01582 400272** or e-mail **lifestyles@activeluton.co.uk**