

# TAKE CONTROL OF YOUR HEALTH



**Call on 0116 305 0730  
or make a self-referral**

**[www.leicestershirewms.co.uk/adults/mens-service](http://www.leicestershirewms.co.uk/adults/mens-service)**

# Men's Weight Management can support you to gain control over your health by getting mentally and physically fitter.

The fun free, 12-week programme is delivered locally in Leicestershire. Join interactive group sessions that focus on preparing and eating healthy meals and supports you in finding new ways of thinking and getting fitter.

Sessions are delivered by a Health and Wellbeing Coach and Sports Trainers. With them, you and your fellow team members will discover what works best for you.

This includes how to become fitter and maintain a healthy weight and lifestyle.

You will be provided with the skills, knowledge, and support that you need to improve your relationship with food, exercise, and your body. Leaving you feeling more confident and empowered to live the life you want to.

Men's Weight Management is delivered by Leicestershire County Council in partnership with Active Leicestershire.



## What to expect

- 12 weeks of fun and interactive weekly group sessions in your area. These focus on mental wellbeing, exercise, and nutrition
- Effective and manageable, physical activity for weight loss and health
- The tools you need to monitor and celebrate your achievements
- Regular feedback as you work towards your goals
- Personalised support throughout the programme and beyond
- Advice on how to adopt healthy habits including managing a balanced diet and an exercise plan

# Healthy lifestyle, healthy mind

Regaining control of your weight and adopting healthy habits can provide you with more energy to enjoy the things you love in life. It can also improve your mood and wellbeing.

Men's Weight Management provides the opportunity to meet new people and share a fun experience towards continued better health.

The programme encourages open conversations and discussions to share imaginative food ideas as well as the opportunity to try physical activity.

One week you will learn how to cook a new meal, and the next you'll be celebrating a win out on the games court!

## Gains from taking part in Men's Weight Management

- Developing a positive attitude towards your health
- More energy day-to-day
- Meeting likeminded people who have a shared experience
- An improvement in your mood and stamina
- Helpful skills and knowledge about nutrition and exercise
- Information and advice about local groups and services tailored to your needs

## Challenge yourself today!

Places are booking up fast, be sure to secure your space.

Men's Weight Management is suitable for men aged 16+



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Not every day will be easy, but Men's Weight Management will give you the support and confidence to take that first step into the rest of your new, healthy life.

