

Verónica Willoughby – Weight Management Programmes Co-ordinatoor



Working in partnership with





What is ShapeUp4Life

❖SU4L is a FREE 12 week weight management programme for Wiltshire residents

❖Aim = support people to lose weight and keep it off long term through

realistic changes

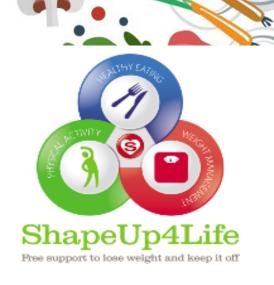
- **❖** Multicomponent programme
 - Lifestyle and Nutrition
 - **❖ Physical Activity & Sedentary Behaviour**
 - **❖** Behaviour Change
- **❖** Delivered in groups of approx. 15 people



ShapeUp4Life

Free support to lose weight and keep it off

Your 12 week Shape Up 4 Life Programme





Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Getting started with ShapeUp4Life

Getting the balance right

Eating well and portion size

Goals and rewards

Food labels made easy

Getting more active

Week 7

Week 8

Week 9

Week 10

Week 11

Week 12

Triggers and solutions

Fatty facts

Making sense of sugar

Change your life for good

Eating out and alcohol

Staying successful

Lifestyle Sessions

- First 45 minutes
- **Aim** to provide participants with the tools they need to make educated changes & live a healthy and active lifestyle long term
- Session are interactive and discussion based
 - Peer support
 - **❖** Trying new things
 - Sharing ideas
 - ***** Overcoming barriers
- Delivered by instructors qualified in nutrition and exercise



ShapeUp4Life

Free support to lose weight and keep it off

Physical Activity

- **❖** Second 45 minutes
- **❖** Delivered by qualified instructors who can adapt sessions to suit individuals:
 - **❖** Health Conditions
 - **❖** Mobility
 - **❖** Fitness Level
- **❖** Different session each week, including:
 - **Circuits**
 - **❖**Boxing
 - **❖** Walking football
 - **❖** Seated exercise
 - *Resistance bands and more!





Who Can Join?

- **❖** To join you must:
 - **Be** a resident of Wiltshire
 - **❖** Be aged over 14
 - **❖** Have a BMI ≥ 30 kg.m² or ≥ 28 kg.m² with a health condition
- Self refer
 - **❖** By phone 0800 246 5877
 - Online www.shapeup4-life.co.uk
 - Email shapeup4life.wiltshire@nhs.net
 - **❖** Free text 'ShapeUP' to 66777





- Certain health conditions will require professional referral by **GP/Nurse**
 - **Auto populating forms**



Course Locations

- Local venues including leisure & community centres, village halls and gyms
- Daytime and Evening
- ***** Easily accessible

Venues around Pewsey

- ✓ Devizes Leisure Centre Friday 18th January 11.30 1.00pm
- ✓ Nursteed Centre Devizes NEW COURSE starting Wednesday
 23rd January 6.30 8.00pm
- ✓ Ramsbury Memorial Hall Wednesday 16th January 6 7.30pm
- ✓ Shrewton Hall Thursday 24th January 6.30 8.00pm
- ✓ Other areas include: Trowbridge, Warminster, Salisbury, Chippenham, Calne, Melksham





Our Results

67%
Completion
Rate

96% lost weight

37% client achieved 5% weight loss

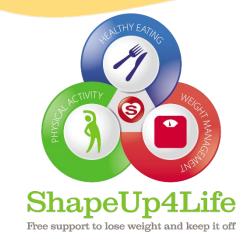
90% increased PA level







Participant Feedback



"I have lost 1 stone and my total cholesterol has gone from 6.0 to 4.3 It's given me the motivating to continue."

" Not being on a diet but a lifestyle change! I would thoroughly recommend the course to others"





"Now I have lost weight I am so much more happier and healthier"

