



ShapeUp4Life

Free support to lose weight and keep it off

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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



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Your 12 week Shape Up 4 Life Programme



Week **1**

Getting started with
ShapeUp4Life

Week **2**

Getting the balance right

Week **3**

Eating well and portion size

Week **4**

Goals and rewards

Week **5**

Food labels made easy

Week **6**

Getting more active

Week **7**

Triggers and solutions

Week **8**

Fatty facts

Week **9**

Making sense of sugar

Week **10**

Change your life for good

Week **11**

Eating out and alcohol

Week **12**

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
- ❖ Sessions are interactive and discussion based
 - ❖ Peer support
 - ❖ Trying new things
 - ❖ Sharing ideas
 - ❖ Overcoming barriers
- ❖ Delivered by instructors qualified in nutrition and exercise



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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 $\geq 30 \text{ kg.m}^2$ or $\geq 28 \text{ kg.m}^2$ 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



@SU4LWiltshire



@SU4LWiltshire



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
- ✓ Nursted 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



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Participant Feedback



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" 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"



Before



After

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