



To book a place or find out more contact:
Sport, Health & Active Lifestyle Team
Harrogate Borough Council

01423 500600 ext 58382
Email Natalie.smith@harrogate.gov.uk
www.harrogate.gov.uk/sportdevelopment



Fit 4 Life

WEIGHT MANAGEMENT SERVICE



**LOVE YOUR LIFE,
BE HEALTHY!**



What is Fit 4 Life?

Fit 4 Life is a 12 week weight management lifestyle programme that aims to promote healthy eating and physical activity to prevent long term complications, which can arise from being overweight. We will support and motivate participants to change their lifestyle to improve their health.

Where do the programmes take place?

Fit 4 Life is offered at venues across the Harrogate district during the day and some evenings.

How much does it cost?

The programme is free of charge thanks to funding from North Yorkshire County Council's Public Health Team.

Who can join the programme?

People who meet the following criteria

- Body Mass Index (BMI) is 25 or above without comorbidities or managed comorbidities
- Aged 18 years+

What is involved each week?

The programme is made up of group sessions consisting of individual weigh-ins, physical activity and weight management advice, covering different topics each week.

Goal setting	The "eat well plate"
Portion sizes	Eating awareness
Fats	Food labelling
Behaviour change	Salt
Benefits of physical activity	Eating out and drinks

Before taking part in the group session you will be required to attend an induction with the instructor. This will include a basic health check, a health questionnaire and general chat about your lifestyle.

Programmes

Day	Venue	Time
Monday	Town Hall, Masham	10.00 - 11.30
Monday	Fairfax Community Centre	13.00 - 14.30
Monday	Ripon Community House	19.30 - 20.45
Tuesday	Methodist church Boroughbridge	13.00 - 14.30
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Tuesday	Ripon Community House	10.00 - 11.30
Tuesday	Pannal Village Hall	13:30 - 14:45
Tuesday	Dene Park Community Centre	19.00 - 20.30
Wednesday	St Andrew's Church Hall, Starbeck	13.30 - 14.45
Wednesday	Harrogate Town AFC	19.00 - 20.30
Thursday	Jennyfield Community Centre	14.00 - 15.30
Thursday	Nidderdale High School	19.00 - 20.30
Friday	Chain Lane Community Centre	10.30 - 11.45
Friday	Mowbray square medical centre	13:30 - 14:45