

## ShapeUp4Life

### What is it?

Shape Up 4 Life (SU4L) a **FREE 12 week** management programme that supports people to **lose weight and keep it off** long term.

Run in **groups** of 12 – 15 people both daytime and evening in community settings; sessions are **interactive, practical and discussion based**.

There are 2 face-to-face programmes which currently run. ShapeUp4Life is 45 minutes of discussion about lifestyle, diet and activity and then 45 minutes of light exercise. ShapeUp4Life Open is a 60 minute lifestyle and diet session without the live exercise. However, there is exercise guidance provided in a booklet and online.

The programme focuses on changing behaviours, increasing activity levels and making educated choices in order to lose weight. Individuals have their weight taken each week and are encouraged to work towards a **5% weight loss goal** at week 12; with **follow up sessions at 6 and 12 months**.

### Who is it for?

- ✓ People that want to lose weight
- ✓ Aged over 14 with a BMI  $\geq 30 \text{ kg.m}^2$  or  $\geq 28 \text{ kg.m}^2$  with co-morbidities (those between 14 – 16 will be required to attend with a parent or guardian and have a BMI over the 91<sup>st</sup> Centile).
- ✓ Living in Wiltshire
- ✓ Appropriate for people with health conditions\*

### Feedback from our clients




*I joined SU4L as I was pre-diabetic. I just had a blood test after week 12 and my blood sugar has dropped to a healthy number and I am now out of danger! I have lost weight in the past but unfortunately put it back on. I really enjoyed the support of the trainer and others on the course, it kept me on track. It was fun and not a chore. I know so much more about food, fat*


**Contact the team for further information or to sign up to your local course:**



## ShapeUp4Life

Free support to lose weight and keep it off

 **0800 246 5877**  
 **www.shapeup4-life.co.uk**  
 **shapeup4life.wiltshire@nhs.net**

 **@SU4LWiltshire**  
 **@SU4LWiltshire**

## Shape Up 4 Life Online

ShapeUp4Life is also available online as a new and innovative online weight management service. Accessible at anytime and anywhere, this user-friendly platform supports clients to make changes to their lifestyle and behaviours to lose weight and keep it off long term.

**Lose Weight in 12 Weeks**

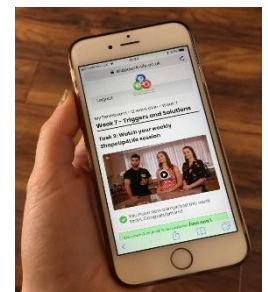
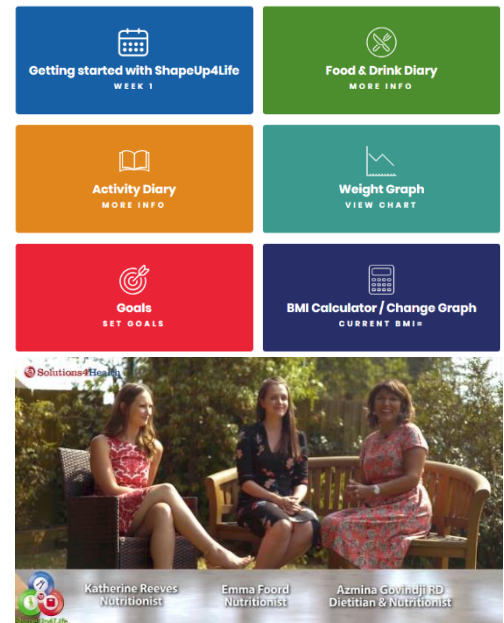
- ✓ **Change your Life in 90 Days**
- ✓ **Track record of success**  
Running nationwide for over 5 years
- ✓ **No waiting list**  
Sign up today to start your journey with ShapeUp4Life

- ✓ **Expert lead**  
With qualified dietitians, nutritionist and personal trainers
- ✓ **Eat Well**  
Unlimited access to our recipes and snack ideas
- ✓ **Direct to you**  
Weekly sessions direct to your inbox, anytime, anywhere



### Users benefit from:

- Weekly sessions with our expertly qualified nutritionists, dieticians and personal trainers
- Unlimited access to the ShapeUp4Life recipes, snack ideas and meal mixers to support a healthy balanced diet
- Engagement via reminder emails and prompts
- Live dashboard featuring personalised progress charts and goals to support achievement of 5% weight loss goal in 12 weeks
- Food and activity diaries, downloadable resources and expert written blog
- Weekly exercise sessions from the NHS endorsed partner instructor live
- Interactive goal setting and quiz features to support our clients to make positive behaviour changes
- Ongoing access and online support following the ShapeUp4Life 12-week plan



**To register please visit - [www.shapeup4-life.co.uk](http://www.shapeup4-life.co.uk)**

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