



Wiltshire Council
Where everybody matters

ShapeUp4Life
Free support to lose weight and keep it off

ShapeUp4Life

Free weight loss programmes. There's something to suit everyone!

Providing free weight loss support to more people than ever before. Solutions 4 Health are excited to announce that new weight loss services are available in Wiltshire! In partnership with Wiltshire Council, Solutions 4 Health are running a range of free, accessible, expertly designed Tier 2 weight loss programmes for your patients.

Who is eligible?

- People that want to lose weight
- Aged over 14 with a BMI ≥ 30 kg.m² or ≥ 28 with comorbidities
- Living within Wiltshire
- Appropriate for people with health conditions such as type 2 diabetes, controlled high blood pressure and depression
- Please note - patients aged between 14 – 16 will be required to attend with a parent or guardian and anyone under the age of 18 must have a BMI over the 91st Centile

You refer and your patient chooses!

Once a referral has been made patients will be contacted by a Wellness Coach and the range of programmes below discussed, together they will choose the most suitable option for the patient.

All of our programmes are:

Designed and delivered by experts in nutrition and exercise

NICE compliant and evidence based

Focussed on behaviour change and 5% weight loss goal



0800 246 5877



www.shapeup4-life.co.uk



shapeup4life.wiltshire@nhs.net



@SU4LWiltshire



@SU4LWiltshire

ShapeUp4Life

- 12 week group based programme
- Weekly 1.5 hour sessions
- 45 minute lifestyle and nutrition session including snacking, fat, sugar and triggers
- 45 minutes of light exercise such as circuits, boxercise, resistance bands and seated exercise

ShapeUp4Life Open

- Rolling programme = join at anytime with no waiting list or need for a GP referral
- Weekly weigh in and 60 minute nutrition and lifestyle workshop
- Take home exercise pack with walking programme, home workouts and links to our ShapeUp4Life online exercise videos
- Designed for those with limited mobility and higher BMI's where ShapeUp4Life exercise sessions above may not be suitable

ShapeUp4Life Online

Accessible via smart phone, tablet or laptop the easy to use site will help patients to make changes to their lifestyle and activity levels to lose weight and keep it off, with:

- Weekly sessions with expertly qualified nutritionists, dietician and personal trainers
- Unlimited access to the ShapeUp4Life recipes, snack ideas and meal mixers to support a healthy balanced diet
- Weekly emails full of recipes, tips and treats
- Weekly home exercise sessions & expert written blog
- Food, activity and goal diaries. Support from your personal wellness coach
- To register simply visit - www.shapeup4-life.co.uk



How can I refer?



Patients with health conditions/ medication

- Can access ShapeUp4Life Open or ShapeUp4Life Online via a self-referral
- Entry into ShapeUp4Life with exercise requires a Health Professional referral
- Auto populating referral forms are available on System One



Patients without health conditions

- Can self-refer into any programme

Want to know more? Resources or free training?
Contact us today!



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