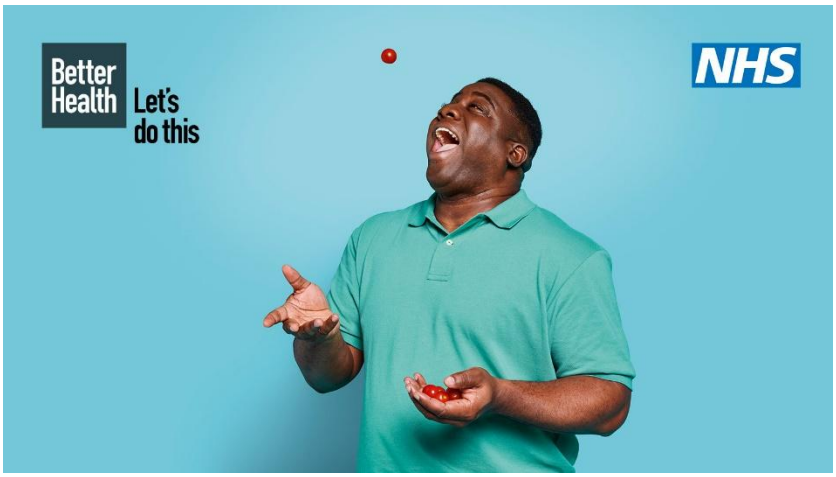
Healthy You

Available in Weston and Nailsea

Offers 12 weeks of group support to improve healthy habits with a focus on healthy eating, exercise and behaviour change. This is a free service for adults with a body mass index (BMI) equal to 28 or more.

The programme is designed to give you the tools you need to make small but sustainable changes that can be maintained long term, supporting you to eat well, get active and improve your physical health and wellbeing.



Each session is interactive, lasts 90 minutes and covers different topics each week which will support healthy lifestyles (e.g. portion sizes, healthy food swaps, setting goals, taking part in physical activity each week, local support and signposting).

The course is delivered by Legacy Leisure at Hutton Moor Leisure Centre (Weston) and Scotch Horn Leisure Centre (Nailsea). To book a place or to find out more email: kylie.taylor@activect.org.uk or call 01934 425 900 (ask for Kylie Taylor). For more info: www.betterhealthns.co.uk/information/healthy-you/

North Somerset Council

HUTTON MOOR LEISURE CENTRE

Better Health North Somerset