

Congratulations on taking the first steps to change your life....



Give yourself a pat on the back! Your activation meetings are now booked and you're ready to start your Livewell journey to a healthier and happier you.

A Derby City Council Project

It can be a bit daunting starting something new but this useful information about the first four weekly meetings might help put your mind at ease and help you look forward to this new exciting chapter.

Of course, our friendly Customer Contact Team will have covered most of what happens next over the phone. But we appreciate that there's a lot to take in so hopefully this quick guide will provide some reassurance.

Your commitment

Due to the strict way we are funded, we can only allow people one chance at taking part in our weight and exercise 12-month programmes. Therefore, it's vital that you are ready, motivated and committed to have the best chance of succeeding. If you don't feel ready to make lifestyle changes then please let us know as soon as possible so you can reapply when you are ready.

Each group meeting will be 1.5 hours long and will have up to 20 new starters – just like you. It's important you make every effort to attend each meeting to get the most out of the programme but we do understand if that's impossible. Just let the advisors know if you need to miss one.

Remember, there's no need to wear anything special as you won't be doing any exercise over the 4 weeks.

Week 1 – Getting started

Our caring team will be ready to welcome you. Meet other clients in the same boat and start sharing experiences whilst finding out more about the 12-month programme. We'll take some measurements – height, weight and blood pressure and you'll complete forms about your levels of physical activity and your quality of life. In addition, you will:

- be introduced to the advisors that work in your area – a motivating and passionate bunch determined to help you successfully reach your goals
- set short and long term goals
- find out about our wide range of fun activities and our popular healthy eating course
- get your Livewell pack – jam-packed with useful information, booklets and resources including your Livewell commitment card.

Following this meeting you can start collecting the 10 stamps you need to get the next level of membership - there's more information about this in Week 2....

Week 2 – Getting Moving

A chance to chat through your first week's progress, get weighed and ask any questions. There's bound to be some friendly faces for morale support and our welcoming advisors are on hand to offer encouragement. This session includes a lively discussion about exercise – how much you need to do and what it should feel like to help you take gradual steps towards a more active lifestyle. Following this meeting you'll be able to book and take part in Livewell exercise sessions and we'll help you find the right activities for you - from walking to boxing to clubbercise and lots more! We will explain how your membership works and you can continue collecting the 10 stamps you need to get the next level of membership.

***Collect a free gift that will help you be more active!**

Week 3 – Eating Better

As your confidence grows, you'll be finding your feet and feeling motivated. Again, you'll be weighed and might be celebrating a lost pound or two. Even better, you'll be getting to know your fellow members and will be encouraged to share your diet highs and lows. Find out from our expert team how we follow the Eat Well Guide for sensible, long-term weight loss. No fad diets in sight!

***Collect another free tool to help your weight loss journey!**

Week 4 – Mini Milestone

Many clients have started to lose some weight by this point so it's encouraging to review your progress so far and see how your short term goals are shaping up. You'll get the chance to have a short one to one catch up with an advisor and really put the meat on the bones of your longer term weight loss goals. Expect just the right amount of support, encouragement and praise you need to feel empowered to continue your journey.

After the 4 weeks....

You'll be pleased to know the support doesn't end here. We strongly encourage you to pop into a weekly Health Hub drop-in, attend the Lose Weight Feel Great 8-week course, book onto activities and attend quarterly reviews.

Our [Facebook](#) and [Twitter](#) pages are helpful sources of support. And our [Client Information page](#) is loaded with useful information, resources, recipes and our Client Activity Programme.

Please let us know as soon as possible if you can't attend your first meeting by calling 01332 641254 or email livewell@derby.gov.uk so we can make the space available to another client.

