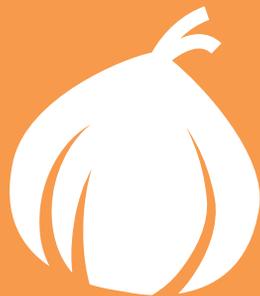




lose weight feel great

a refreshingly different
approach to eating better



A Derby City Council Project



if you're thinking this is another diet programme, think again!

livewell's lose weight feel great 8-week course is refreshingly different (our clients' words not ours!) and is a long-term approach to eating and exercise.

It is made up of weekly one-hour sessions focusing on key topics relevant to losing weight and keeping it off for good!

Content is based around nutrition, healthy eating, physical activity and behaviour.

The group ethos is to share learning and experiences whilst structuring your own weight management plan. You will be encouraged to set weekly goals to keep on track and there's a range of practical resources to help you along the way. What's more, you can check your weight at every session. Attending every session is really important to get maximum benefit from the course.

session 1 – eatwell-livewell

The healthy eating approach to managing your weight and why fad diets don't work for long-term weight loss. The first session involves a friendly meet and greet and introduces the Livewell healthy eating approach to support weight loss. We will discuss previous dieting attempts (successful and unsuccessful) and explore the reasons these diets often don't work in keeping weight off.

session 2 – portion distortion

What is a normal portion size? How much should I be eating? Do I need to cut down? If you have asked yourself these questions recently then this session provides the answers! You will learn about the recommended portion sizes required to help with sensible and sustainable weight loss without you feeling hungry. This is a 'don't miss' session with real examples of portion sizes for you to feel, see and keep it real.

"learning to eat and not diet has been phenomenal."

session 3 – fats of life

A hot topic when it comes to managing weight! This session covers the different types of fat with practical visuals and interactive activities. You will learn about the role fat plays in the body, foods containing fats and its role within weight management and calorie restriction. See our famous 5lb fat model and discover how this can help with your weight loss.

session 4 – favoured flavours – sugar and salt

When trying to be healthy and lose weight these two sabotaging substances can undo all our hard work! This session explores the hidden sugars and salt in foods. There will be calorie comparisons, food swap ideas, practical activities and visuals to help you get the most out of this thought-provoking session.

session 5 – energise and hydrate

This session explores the concept of energy (calories) taken in by food and drink compared to the energy (calories) we burn through our daily activities. The importance of good hydration for health, well-being and supporting weight loss is also covered. Learn how much activity we should be doing to keep fit and healthy, what Livewell activities are on offer and how many calories you could burn from your favourite exercise.

“you don't get this depth of information from other diet clubs and groups.”

session 6 – overcoming overeating

Introducing the concept of ‘mindful eating.’ How often are you ‘in the moment’ when you eat and drink? We are often so busy that eating and drinking becomes an automatic, thoughtless task. How often do you neglect your own needs whilst attending to others? There are lots of factors contributing to over consumption and weight gain. Through group discussion we identify traits and behaviours to find practical strategies to help manage and overcome them. Keep an open mind for this one!

session 7 – savvy shopping

Livewell's 20 tips to eating well on a budget. We explore the whole process of shopping and meal planning with plenty of food for thought on eating well and spending less. Learn how many calories are in your favourite tittle (yes there are actual calories in alcohol) and discover healthier alternatives to our favourite takeaways and celebratory foods. Healthy eating is not about banning foods but enjoying treats in moderation.

session 8 – health and wellbeing

What do blood pressure and cholesterol numbers mean to you? Find out about common health conditions and how your lifestyle choices affect your health. Discover if you're eligible for our free NHS Health Checks. We end by consolidating the last eight weeks and preparing you for continued weight loss success with Livewell and beyond!

"informative, interactive and a great way to share experiences and support each other."

"livewell has a relaxed and fun style of putting information across and encouraging participation."

"i've attempted diets on and off for 40 years. this one is a real eye opener, i've learnt so much about food labelling, portion sizes and the effects of certain foods on your body."

"i lost 1 stone 2lbs on the course. good choice of topics and lovely, relaxed atmosphere."

interested?

book with your advisor or call our friendly livewell customer contact team on **01332 641254**

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**HELPING PEOPLE IN
DERBY LIVE BETTER**

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