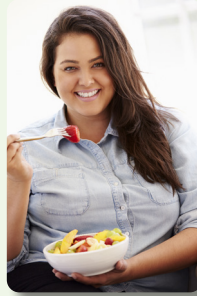




Weigh to go



Are you interested in improving your health and losing weight? Think about Weigh to Go. It is a different way to manage your weight that includes an exercise session alongside health checks, weigh-ins and education sessions. Ongoing support continues for up to one year and will equip you with the tools to maintain a healthy weight.



We've got an app! Search for NHS Ayrshire and Arran in your app store and, then select the Healthy Weight option to learn more.

"I liked the education games on fat and sugar - it's shocking when you find out what's in what!"

"The staff are very supportive and approachable."

"I felt the whole programme was excellent."



Please turn over for details of classes

South Ayrshire Leisure Groups

Weigh to go is available at South Ayrshire Council Leisure centres. For more details or to register



telephone **01292 269793** (option 3) or for more information



email **activityforhealth@south-ayrshire.gov.uk**.

Weigh to Go Ayr United

Ayr United Football Academy, Ayr,
men-only group sessions



email **Bobby.Hay@aufa.org.uk** for more information of programme dates and times.

