



PRESS RELEASE

WEIGHT LOSS SCHEME GOES VIRTUAL

A weight management service which has helped more than 100 people in its first year has gone virtual.

The 'Choose to Lose' scheme run by Richmondshire District Council is offering on line classes and groups so members can join the programme without the worry of travelling to classes, missing class times, and finding a group that suits lifestyle and commitments.

And success will not be interrupted by any changes to lockdown and tier restrictions during the journey to improve health.

The free of charge programme is for adults with a BMI above 25 who are in need of support to implement a healthier lifestyle. Funded by North Yorkshire County Council Public Health – and launched last spring - it is made up of a 12 week structured weight management programme plus a 12 week maintenance programme for those who achieve 5% weight loss in their first 12 weeks.

The virtual service will provide both aspects of the programme as well as access to a Weight Loss Advisor, online live classes, chat groups and Facebook open and closed groups.

To register interest contact Jo-Anne Scott on 01748 901045 or jo-anne.scott@richmondshire.gov.uk ;

This service is free to anyone who meets the following criteria;

- aged 18 years or over
- BMI (Body Mass Index) equal to or greater than 30 or 25 with other health conditions
- resident or registered with a GP practice in North Yorkshire
- working for an organisation based in North Yorkshire

To calculate BMI visit: <https://www.nhs.uk/LiveWell/loseweight/Pages/BodyMassIndex.aspx>

For more information on the service throughout North Yorkshire visit <https://www.northyorks.gov.uk/healthy-weight-and-eating-well>

MORE INFORMATION

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January 4, 2021