

Adult Weight Management - Self Referral

For a limited time only



Fitter Futures Warwickshire can support you to become fitter, stay well and feel good.

Small changes to your lifestyle can have a big impact on your health and wellbeing. The 12-week programme will give you a helping start to lead your best life.

12-week weight management programme for adults.

For adults aged 18+ with a Body Mass Index of 30+ (BMI 27.5+, with adjustment for ethnicity), or a BMI of 28+ with additional concerns.



Improved sleep quality



Reduced pressure on joints and muscles



More energy



Improved mood



Reduce your risk of developing serious diseases and now COVID-19

Free support for eligible participants.

A choice of the following providers:
Slimming World
Everyone Health

To self-refer – **click here**

www.warwickshire.gov.uk/fitterfutures

For more information please contact fitterfutures@warwickshire.gov.uk

