

Exhibitors at the 2019 Healthy Weight Event

WEIGHT WATCHERS: Mary Blanchard ~ WW Diamond coach
MBlanchard@weight-watchers.co.uk

CARDIAC REHAB: the 12-week **Staywell** prevention programme is designed to reduce your risk of heart problems. It includes lifestyle and nutrition advice and a tailored exercise programme with specialist instructors www.cardiac-rehab.co.uk tel: 01420 544794

ALTON WALKING FOR HEALTH: tel: 01420 85536

YOGA: www.suetupperyoga.co.uk suetupper@btinternet.com mobile: 07946 078559

ZUMBA: Kate Sadler of Alton Zumba: www.altonzumba.co.uk
www.facebook.com/HampshireZumba Email: katesadler@live.com mobile: 07738
668173

MEN'S SHED: learn new skills, work on projects, meet new people
Ian Scott, Gordon Anderson, Peter Beckham: 83870/ 362530/ 85419

BRITISH RED CROSS: if you lack confidence or would like support in taking the first steps to lose weight or get more active, the local Red Cross Connector could help. Your GP practice can put you in contact.

Healthy weight loss: on-line and apps

- weightwatchers.com/uk
- slimmingworld.co.uk
- nhs.uk/live-well/exercise/12-week-fitness-plan/
- nhs.uk/live-well/eat-well/the-eatwell-guide

NHS 12 week plans also available as apps

**Apple and Android phone apps available to help you:
get active lose weight stay motivated**

- diabetes.org.uk – tips for healthy eating and great recipes
- coachmag.co.uk – lots of exercise advice and 26 weight loss tips

PAID FOR

- ourpath.co.uk NHS partner
- weightlossresources.co.uk