

## Weight Management

### Why lose weight?

Maintaining a healthy weight is important for your overall health and wellbeing, and can lower the risk of different diseases, conditions and cancers associated with being overweight.

Many individuals in the UK struggle with their weight. One in every four adults is obese (a term to describe a person who's very overweight).

Even a small weight loss of just 5% of your weight can lead to major health benefits such as:

- Lower blood pressure
- Reduced cholesterol levels
- Decreased risk of obesity-related cancers
- Lower chance of developing type 2 diabetes
- Improved life expectancy

### Our approach to weight management

We offer personalised support tailored to your goals – whether it's weight loss, weight maintenance or improving overall health. Getting started on your weight loss journey can be difficult, emotional and testing. Your journey is unique, and we're here to support what matters most to you.

We offer FREE weight loss courses delivered in a number of formats. You'll have full control of which solution to pick.

It's your weight loss, your way!

### How we support you

Take control of your weight loss journey with the weight management pathway best suited to you and your lifestyle.

#### Online self-service

Digital courses accessible via the AmaraHealth™ App or online.

#### Face-to-face

Support with our trained local Delivery Partners

#### Telephone

Sessions with a Weight Management Practitioner via the phone.

## **Check out our programmes**

Let go of short-term diets in favour of long-lasting lifestyle changes!

### **My Weight Matters**

My Weight Matters is not designed to be a diet or a quick-fix solution. This programme promotes weight loss in a safe, steady, and sustained way.

Following NHS guidance, My Weight Matters places a focus on healthy eating, portion management, and keeping active. These evidence-based sessions cover dietary and physical advice whilst supporting you to adopt overall healthier habits. My Weight Matters is accessible in the following ways:

- Face to face Drop in sessions at various locations in Essex with our Delivery Partners. Drop in any time during the stated time to get weighed and receive extra support in person.
- Telephone Three telephone sessions with a Weight Management advisor over a period of 12 weeks.
- Digital Links to programme material will be emailed. Follow the programme in your own time and pace.
- In App. Programme available in AmaraHealth™ App for you follow in your own time and pace. Record your food diary and weight in the app and with your consent we can monitor your progress too.

**Suitable for everyone aged 18 and over\***

### **The Low Carb Programme**

The Low Carb Programme is a self-guided programme. Participants benefit from information, skills, tips and support to help adopt a low-carb approach and achieve their health goals.

**Telephone** Three telephone sessions with a Weight Management advisor over a period of 12 weeks.

You will be invited to download and access the Freshwell App, joining a supportive online community of clients all on the Low Carb programme.

**Suitable for everyone aged 18 and over\***

### **Child Lifestyle Service**

We offer support for all school-aged children in Essex and their families. Our judgement-free service is centred around the family's current level of knowledge and specific needs. This person-centred approach can be tailored to individual families.

Our friendly, supportive Coaches will work with you to encourage lots of small changes that together can make a big difference.

We work with families face to face or virtually and can offer help and advice across a range of topics such as nutrition, activity and behaviour change.

**Suitable for children aged between 4 and 17**

**Exclusions**

If you have a current or historical diagnosis of an eating disorder, we recommend seeking specialist support from [BEAT](#) or consult with your GP.

**Weight loss medication and injections**

We receive many enquiries about weight loss injections and medication. Please note the Essex Wellbeing Service does not provide support for these treatments as our service focuses on behavioural and lifestyle changes.