



# 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.



**"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**



## KA Leisure groups

- **Weigh to go** is available at all main KA Leisure centres in North Ayrshire.

For more details or to register

 call 01294 605128 or

 email [activelifestyles@kaleisure.com](mailto:activelifestyles@kaleisure.com)



## Arran groups



**Weigh to go** is available with Arran Medical Group practices in partnership with Arran Community and Voluntary Service. You can ask to be referred to a community link worker by speaking to your Practice Nurse or Family Doctor (GP).

