

Solihull Lifestyle Service

FREE
weight loss
support



Trying to lose weight?

If you live in Solihull (or have a Solihull GP), you can access free, local, one-to-one support from a specialist Advisor to help you lose weight.

The Solihull Lifestyle Service is a personalised service. We'll help you make positive lifestyle changes (things like cooking and eating more healthily, and becoming more physically active) in a way that suits you.

To start your weight loss journey, call 0800 599 9880, or ask your GP to refer you.

After an assessment, you'll be allocated to an Advisor to work with at a time and place convenient to you. They'll even visit you at home, if you like.

Your Advisor will help you identify the changes you want to make, then give you all the encouragement and practical help you need to make them happen.

You'll also get information about local activities and groups, healthy recipes and cooking tips, and a personalised action plan to help you achieve your goals.

Call 0800 599 9880 FREE
and start your weight loss journey today.

Better
Health
LET'S
DO THIS



**I SAID ONE DAY.
THIS IS DAY ONE.**

Get help and support to get
active at nhs.uk/BetterHealth

NHS