



# 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.



**We've got an app! Search for NHS Ayrshire and Arran in your app store and, then select the Healthy Weight option to learn more.**

**"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**

## South Ayrshire Leisure Groups

Weigh to go is available at South Ayrshire Council Leisure centres. For more details or to register



telephone **01292 269793** (option 3) or for more information



email **activityforhealth@south-ayrshire.gov.uk**.

## Weigh to Go Ayr United

Ayr United Football Academy, Ayr,  
men-only group sessions



email **Bobby.Hay@aufa.org.uk** for more information of programme dates and times.

