



Do you struggle
to lose weight?

Disappointed with
diets that don't work?

Want advice that
is tailored to you?

**Sustain Weight
Management**
could be the answer
you're looking for...



This is not a diet programme - it's a lifestyle programme



What you get:

- 3 months of fully personalised support
- 6 structured sessions that are tailored to you and your goals
- A clinical programme delivered by a registered dietitian
- A detailed assessment of your body composition and nutritional status
- Blood tests to check cholesterol, blood sugar and blood pressure
- Written resources to help reinforce the advice discussed, alongside some self-directed learning

AVERAGE WEIGHT LOSS OF **5kg***

“Helped me to succeed in significant weight loss. It was a very good vehicle to kickstart a new approach to food and exercise”

“It was personal in comparison to other weight management services... it was bespoke and tailored to how I liked”

*Over a 3 month period, based on previous participants on the programme

Scan here to start building a healthier lifestyle today:

