**Live Well Newham Content**

**All programmes**

Live Well Newham Weight Management services have been developed to help people get fit, lose weight and feel great.

* Live Well Newham – adult weight management
* Live Fit Newham – adult weight management with a focus on physical activity
* Healthy Future – family weight management
* M-Fit – male-only adult weight management with a focus on physical activity

All of these free programmes are 12 weeks long and start with a one-to-one session followed by 12 group sessions, all run by a qualified local health coach.

Each programme has been developed by our qualified, experienced team of dietitians, psychologists, physical activity specialists and medical professionals, to support people in achieving their weight loss goals.

To register visit <https://xylahealthandwellbeing.com/live-well-Newham> or contact our team for more information 0333 577 3011

**Live Well Newham**

The Live Well Newham programme takes a well-rounded approach to help you kick-start your weight loss journey. The programme will educate you about nutrition and psychology, as well as physical activity to help you achieve your weight loss goals. This is a free 12-week programme, open to Newham residents aged 18 or above, you will attend group sessions in a community venue with likeminded people. All of the sessions are run by qualified health coaches who will support you on your journey.

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**Live Fit Newham**

The Live Fit Newham programme is for individuals who want a programme that covers all aspects of health, but with the main focus on physical activity. You will benefit from a practical exercise session each week and cover a range of topics including nutrition and psychology, to help you achieve your weight loss goals. This is a free 12-week programme, open to Newham residents aged 18 or above, you will attend group sessions in a community venue with like-minded people. All of the sessions are run by qualified health coaches who will support you on your journey.

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**M-Fit**

The M-Fit programme is for men only. This programme covers a range of topics including nutrition and psychology, with the main emphasis being physical activity. You will benefit from a practical exercise session each week and cover a range of topics including nutrition and psychology, to help you achieve your weight loss goals. This is a free 12-week programme, open to male Newham residents aged 18 or above, you will attend group sessions in a community venue with like-minded people. All of the sessions are run by qualified health coaches who will support you on your journey.

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**Healthy Future**

The Healthy Futures programme is a fun learning opportunity to engage the whole family in the benefits of a healthy lifestyle and explore how to incorporate healthy eating and moving more into everyday life. This free programme includes 12 weekly fun, interactive sessions for parents/carers and children. All of the sessions are run by qualified health coaches who will support you on your journey.

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