

Online support for a healthy lifestyle



Take the first step in managing your weight today

If you are living with obesity and have diabetes or high blood pressure, or both, you could benefit from the 12-week NHS Digital Weight Management Programme.

It can be hard to keep healthy and active but this free programme can help you develop healthier eating habits, be more active and lose weight - **available on your smartphone, tablet or computer.**

Speak to your GP practice today and find out how the programme could benefit you.