

LEAN



Do you have a medical condition and want to lose weight and improve your health?

The LEAN programme is delivered by dietitians and exercise specialists and explores many of the aspects of life that affect your weight. It aims to provide you with the skills required to take control of your weight in the long term.

The programme will include discussion and advice on:

- Nutrition
- Practical Cooking
- Behaviour Change
- Relaxation & Stress Management
- Sleep Quality
- Tailored Exercise Sessions
- Complementary Therapies

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 was able to reduce my diabetes medication."

"I feel 20 years younger."

"It boosted my confidence."



To find out more about these programmes please call **01563 554418** or email



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