

START LIVINGWISE

Free healthy lifestyle support

Lose weight, get active and have a health check
For people living and working in the City of London:



Free 12 week weight management course



Free personal exercise programme



Free NHS health check for 40-74 year-olds

Take the first step today - sign up:
020 7616 2338 livingwise.org.uk/city



Our services help you make important, sustainable changes to your lifestyle

1 Weight management

Take our free **12 week weight management course** and discover a sustainable approach to weight loss.

We hold fun and supportive **1 hour group sessions** every week. Learn about the relationship between activity, weight and nutrition.

2 Mid-life health check

Have a **free NHS Health Checks** for 40-74 year olds to lower your risk of developing heart disease, diabetes, kidney disease or stroke.

The NHS Health Check takes **just 20 minutes**. Using your results, we will help you maintain or improve your lifestyle.

3 Physical activity support

Adults should aim to be active for at least 150 minutes a week. City LivingWise provides **specialist support if you have physical health problems** that impede your activity levels. GP referral required.

Designed by experts Delivered by trained coaches.
All our services are free. Sign up at:

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