



# READY FOR A NEW **YOU?**

Learn how to eat well & move more with our free weight loss programmes.

Designed to help you achieve and maintain a healthy weight.

**ONE YOU**  
**SURREY**

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# ONE YOU SURREY IS THE COUNTY'S FREE HEALTHY LIFESTYLE SERVICE. ALL OF OUR ADULT WEIGHT MANAGEMENT PROGRAMMES ARE FREE AND ACCESSIBLE EITHER FROM HOME OR IN A NUMBER OF LOCATIONS ACROSS THE COUNTY.



## LOSE WEIGHT WITH ONE YOU SURREY

Our Digital 12 week Group Weight Loss Programme aims to help clients lose at least 5% of their body weight. Our tailored sessions are split into nutritional support and guidance alongside a brief physical activity component. You will also receive 12 weeks free access to our virtual gym offering, The Other Room Gym.



## SLIMMING WORLD

We have partnered with leading weight loss provider, Slimming World, to help you achieve your weight loss goals. One You Surrey can provide you with a 12 week voucher to attend Slimming World. Once you receive this voucher in the post, simply take it along to the Slimming World Group that you would like to attend.



## MAN v FAT

Our specialist male only weight management programme. Fully endorsed by the FA, MAN v FAT is like no other 6-a-side league out there. Combine the love of the game with weight loss! For every two players that lose weight in your team you gain an extra goal. Working in partnership with local football clubs and providers, 95% of our players lose weight. What do you have to lose except weight?



## GLOJI

Our 12 week digital weight loss app supports you to look beyond just the number on the scales. No dieting restrictions, complicated points systems or demonising of food groups, Gloji simplifies weight loss through tailored support and education across our five main pillars of Nutrition, Movement, Sleep, Alcohol and Mind. Through the Gloji website you will get access to real human support over the telephone whenever you need it. 100's of healthy recipes and personalised content to help educate and advise you through your weight loss process.



## MAN v CHALLENGE

Our specialist male only online weight management programme for men who want to lose weight from home. Take on other teams in weekly challenges based on the core areas of nutrition, exercise and building healthy habits. Over 90% of players lose weight and get fitter, why not join them?

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