

# ONE YOU SURREY IS THE COUNTY'S FREE HEALTHY LIFESTYLE SERVICE FOR RESIDENTS. ALL OF OUR SERVICES ARE FREE AND ACCESSIBLE FROM HOME OR IN A NUMBER OF LOCATIONS.



## BE SMOKE FREE

You are up to three times more likely to be smoke free with the support of one of our specialist advisors. Over 12 weekly sessions with your stop smoking advisor you will discuss the Nicotine Replacement Therapy available to help you with your quit attempt. You will also receive advice, tips and hints to quit the cigarettes for good.



## 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?



## 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 remote sessions are split into nutritional support and education 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 reach your dream weight. Join fellow members as part of the Slimming World community in a variety of locations across the county. 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 programme 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.

**ONE YOU**  
**SURREY**



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