

Weight Loss Programmes

FREE NHS weight loss plan

Download the NHS weight loss guide – a free 12-week diet and exercise plan. The plan is designed to help you lose weight at a safe rate of 0.5kg to 1kg (1lb to 2lb) each week by sticking to a daily calorie allowance. 12 weekly information packs are full of diet, healthy eating and physical activity advice, including weekly challenges.

Each contains a food and activity chart to help you record your calories, exercise and weight loss so you can see how well you're doing at a glance. It

- promotes safe and sustainable weight loss
- learn to make healthier food choices
- get support from our online community
- a weekly progress chart
- exercise plans to help you lose weight
- learn skills to prevent weight regain

Cost: FREE

Details: <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

Commercial Weight Loss Programmes

Commercial, community and/or self-help weight management programmes should meet National Institute for Health and Clinical Excellence (NICE) best practice standards by:

- helping people decide on a realistic healthy target weight loss (usually 5-10% of their weight)
- aiming for a maximum weekly weight loss of 0.5-1kg
- focusing on long-term lifestyle changes
- addressing both diet and activity, and offering a variety of approaches
- using a balanced, healthy-eating approach
- offering practical, safe advice about being more active
- including some behaviour change techniques, such as keeping a diary and advice on how to cope with "lapses" and "high-risk" situations
- recommending and/or providing on-going support

[To view the full NICE Obesity guidance click on the link.](#)

Disclaimer: Shropshire Public Health has compiled this list of weight management providers for reference information only. These weight management providers are not accredited by Shropshire Council and no quality assurance checks have been undertaken. Each individual is advised to satisfy themselves as to the standard of service being offered and its appropriateness.

Weight Watchers (WW)

The WW programme supports people to eat healthily, with an emphasis on nutrition and how to choose the healthy foods that help to lose weight, plus physical activity support. Weight Watchers uses a SmartPoints® system, which assigns a value to every food and drink based on the amount of protein, carbohydrate, fat and fibre in the portion. WW offer:

- WW groups: face-to-face weight loss support at a group workshop plus option to include digital programme
- WW app inclining on-line social community to help individuals to achieve your weight goals

How: Group meetings or online

Where: Meetings throughout Shropshire. Website include search facility to find your local groups

Cost: Pay weekly or monthly at each meeting or monthly by direct debit for online version.

- Workshop and digital: from £3.30 a week. May 2019
- Digital: from £1.95 a week. May 2019

Check on line for current costs

Details: www.weightwatchers.co.uk

Slimming World

The programme uses Food Optimising as a system to prepare meals that can be eaten by the whole family without the need for calorie counting. It emphasizes the flexibility to make healthy choices that fit each participant's life. Includes physical activity support.

How

- Slimming World Online Group meetings (£4.95 a week. May 2019)
- Slimming World Online (£5.00 a week. May 2019)

Where: Meetings throughout Shropshire. Check online to find your nearest meeting.

Cost: Pay weekly or in blocks of sessions at meetings or monthly by direct debit for online version. Check on line for most recent costs

Contact details: www.slimmingworld.com

Telephone: 08448 978 000

The 1:1 Plan (previously Cambridge Weight Plan)

Participants see a 1:1 'consultant' on a one to one basis to create a personalised plan. The programme is based on the use of meal replacement products that are used either exclusively in place of, or with additions of conventional food. Check online to find your nearest consultant.

Weekly meetings for a weigh in, a catch up, and to order your products, but you will have their phone number and get regular calls or texts from them in between appointments. A lot of consultants use Facebook, Instagram and Twitter to keep in touch

How: Consultant visit on a weekly basis

Where: A consulting room in the community or in the consultant's home

Cost: Depends on how many replacements meals are needed per day; check on-line

Details: <https://www.one2onediet.com/>

Rosemary Conley On-line The online programme includes a range of differing on-line diets, recipes and exercise plan, and is supported by staff that can reply to clients' queries. The diet comprises a variety of recipes based on protein or carbohydrate foods, as well as replacement meals. Additional premium service offers a personal weight-loss coach giving individual daily feed-back, advice and encouragement and weekly progress review your progress to help maximise client's weight-loss

How: Online weight-loss club

Cost: Dependent on options selected. Check on-line

Details: <https://www.rosemaryconley.com/>
