

are you struggling to manage your weight?

Do you want to lose weight and get fitter for free?

If so you can take part in an award winning effective weight management programme delivered by ACE Lifestyle.

My Weight Matters is a 12 week programme combining dietary advice, physical activity and tips to help you gain control. There are structured weekly guides covering a range of topics and you will be asked to keep a regular food diary and set yourself achievable goals, which help you to work towards making changes to your lifestyle and maintain them for the future.

Simply **call the Weight Management helpline on 0800 022 4524 (option 3)** and you will talk to a specialist weight management practitioner who will assess your needs, offer a range of options and will help you find one that is convenient and suitable for you.

We offer a range of programmes for adults- face to face, telephone support, events & online.

Call today for a Happy New You!