



Balance

Patient Information Leaflet

Balance is a 9 month weight management programme, delivered via the NHS 'Near Me' platform in groups.

There will be 2 stages to the programme:

Stage 1	12 weekly sessions to increase your knowledge and confidence to make changes to diet and physical activity. The programme will help you develop techniques for making these changes.
Stage 2	6 further monthly sessions to support your weight loss journey, with continued advice on making lasting changes to your diet and lifestyle.

This programme is suitable for you if you are:

- Over 18 and have a BMI over 30; you can find this out using the calculator at either the Healthy weight Grampian or NHS Inform websites:
- [Body Mass Index \(BMI\) and Waist Size – Healthy Weight Grampian \(scot.nhs.uk\)](https://www.scot.nhs.uk/healthyweight/bmi/)
- [Calculate your body mass index \(BMI\) for adults - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthyweight/assessing/bmi/adults/pages/calculator.aspx)
- Motivated to change and engage with 12 month programme