



Counterweight Plus Programme

Leaders in effective, long-term weight loss
and type 2 diabetes remission.

TAILORED ADVICE on nutrition and behaviour change

NUTRITIONALLY COMPLETE meal replacements for easy weight loss

CLINICALLY PROVEN RESULTS you can trust



Counterweight Plus NHS Grampian clinicians deliver the NHS Scotland approved Counterweight programme. Counterweight Ltd is the service provider and is not part of NHS.

LICENCE

How Counterweight Plus works

STEP 1: TOTAL DIET REPLACEMENT

Counterweight meal replacements are used to replace all of your meals to reduce your calorie intake over the day, helping you to lose weight quickly and easily.



STEP 2: FOOD REINTRODUCTION

You are supported to gradually reintroduce balanced meals and learn about nutrition, exercise and creating new habits.

STEP 3: WEIGHT LOSS MAINTENANCE

Receive ongoing support to help you stay on track, navigate challenges and maintain your weight loss long term.

Eligibility

You are eligible for the Counterweight Programme if you meet this criteria*:

- ✓ Over 18 years old
- ✓ Your Body Mass Index (BMI) falls within the following range:
White: BMI $\geq 27\text{kg/m}^2$
Black, Asian, Mixed and Other: BMI $\geq 25\text{kg/m}^2$
- ✓ You are ready to lose weight
- ✓ You do not have any medical condition that contraindicates a Total Diet Replacement (your local practitioner will advise you on this)

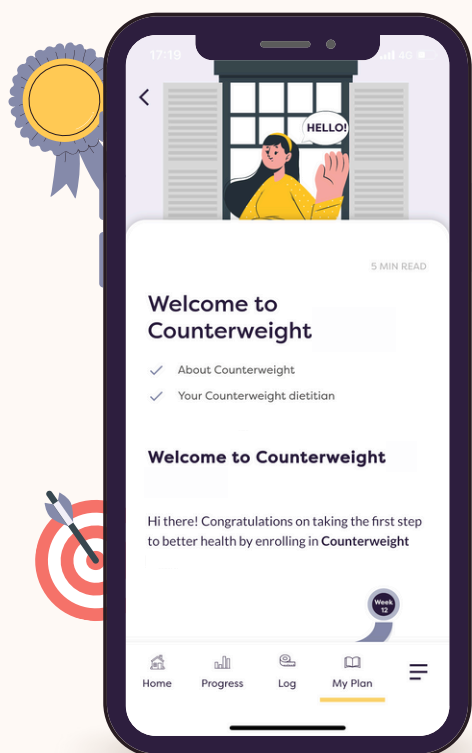
***Eligibility criteria varies depending on local policy. Contact your local service provider to check you can access the programme.**



Programme features

NUTRITIONALLY COMPLETE MEAL REPLACEMENTS

Enjoy a variety of shakes, soups and porridge that are specifically formulated to provide a balanced blend of high-quality proteins, fats, carbohydrates, soluble fibre, vitamins and minerals.



COUNTERWEIGHT APP

You'll get access to weekly readings on topics to do with using meal replacements, behavioural strategies, physical activity, sleep and stress to help you succeed!

- Log measurements
- Educational articles
- Track your progress
- Healthy recipes
- Diary reflection
- Workouts
- Set goals

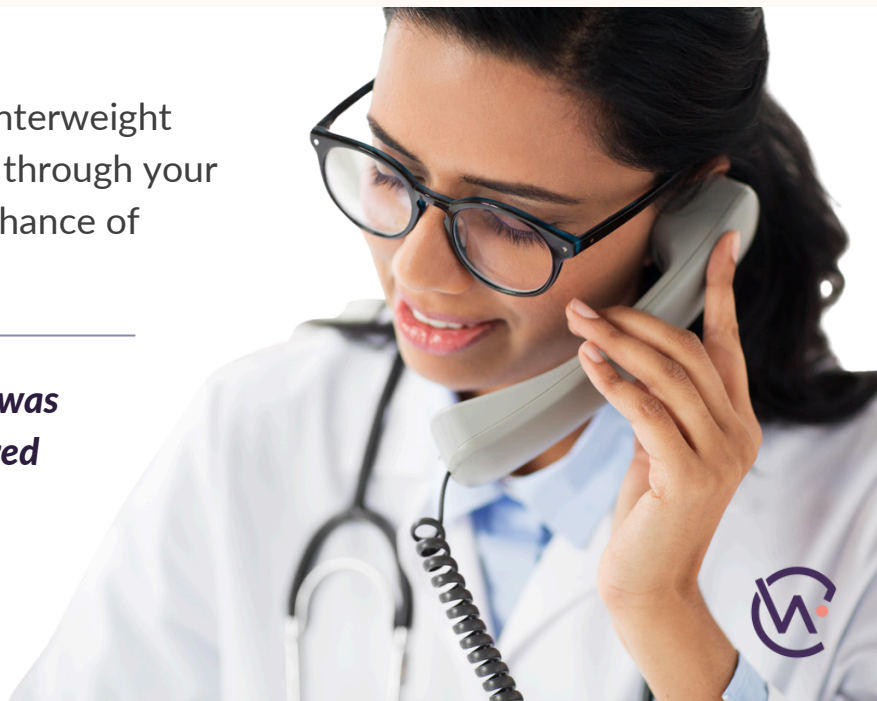
You can choose to use a printed workbook alongside or instead of the app.

PRACTITIONER SUPPORT

You will have your own local Counterweight Practitioner who will support you through your programme to give you the best chance of success.

"Having support from my dietitian was so crucial, she helped me find tailored strategies that worked for me."

Kelly, Scotland



Unlocking your motivation

Identifying the 'thing' that motivates you to lose weight/improve your health is very important to your success. You can use an exercise called "The Five Whys" to help you get to the root of your motivation.

Ask yourself: "Why do I want to lose weight/improve my health"?

For example:

WHY?

I want to be healthier

WHY?

I am not happy with where I am at right now

WHY?

I have a lot of things I want to change about my diet

WHY?

If I do not change my health may deteriorate

WHY?

I want to be around for my family

Now complete the activity yourself:

WHY?

WHY?

WHY?

WHY?

WHY?



Are you ready to lose weight for good?

Counterweight is most effective for individuals who are committed to making long lasting changes to their eating and activity behaviours.

IMPORTANCE SELF-RATING

Ask yourself: "How important is it for me to lose weight right NOW?"

Circle a number from 1 to 10, with 10 being the most important:

1 2 3 4 5 6 7 8 9 10

CONFIDENCE SELF-RATING

Ask yourself: "How confident am I in achieving my weight loss goals?"

Circle a number from 1 to 10, with 10 being very confident:

1 2 3 4 5 6 7 8 9 10



You're ready to get started if you think it's **very important** to make changes to your weight!

Your confidence will grow as you get started in the programme and have the support you need to achieve your goals.

Counterweight Plus success stories



SHALOM

Lost 18kg & achieved type 2 diabetes remission

"I thought losing weight and achieving diabetes remission was impossible, but this programme made it possible. It may sound tough but it can be done!"

SHARON

Lost 27kg & achieved T2D remission

"It's so much more than just losing weight, this programme has transformed my health and honestly saved my life. The results really do speak for themselves."



HENRY

Lost 18kg

"You do a diet to lose weight, if you do this diet, you will lose weight. With Counterweight, I also know I can maintain this weight loss too."



Getting Started with Counterweight

1

Ask your local practitioner for a **registration** code:

2

Scan the QR code or use the link to navigate to the Counterweight Landing Page and submit your app **registration** code.

<https://swipe.counterweight.org/appaccess>



3

Wait for an email from Counterweight (noreply@counterweight.org) with onboarding steps and a verification code. *Check your spam folder.*

within 1
working
day

4

Download the app from Google Play / iStore (or use app.counterweight.app/ for desktop).

5

From mobile or tablet: select "Create an Account"
For desktop: select "Sign Up".

6

Enter your verification code.

7

Enter your details to create an account.

8

Follow the app onboarding flow
(*you will need your weight and height for this step.*)

9

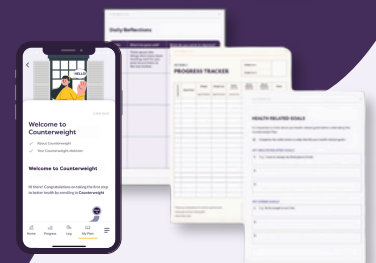
Once you have successfully onboarded to the app, our Programme Support Team will unlock your app content.

within 1
working
day



Counterweight

If you have any challenges please contact Counterweight:
020 3026 8800 | info@counterweight.org





Need support?

If you have any questions or need any support with getting access to the Counterweight app or making your first order, please contact us:

✉ info@counterweight.org

☎ 020 3026 8800

Join the Counterweight Community and keep up to date with our helpful content:

📷 [@counterweight.programme](https://www.instagram.com/counterweight.programme)

f [/counterweight.programme](https://www.facebook.com/counterweight.programme)

