

# The Counterweight Programme

The Counterweight Programme helps you to lose 5-10% of your starting body weight and keep it off.

By following the programme you will learn how to change your eating and physical activity habits – for good!

You will be able to access the programme for free.

Stage 1

**Weight Loss**

12 weeks



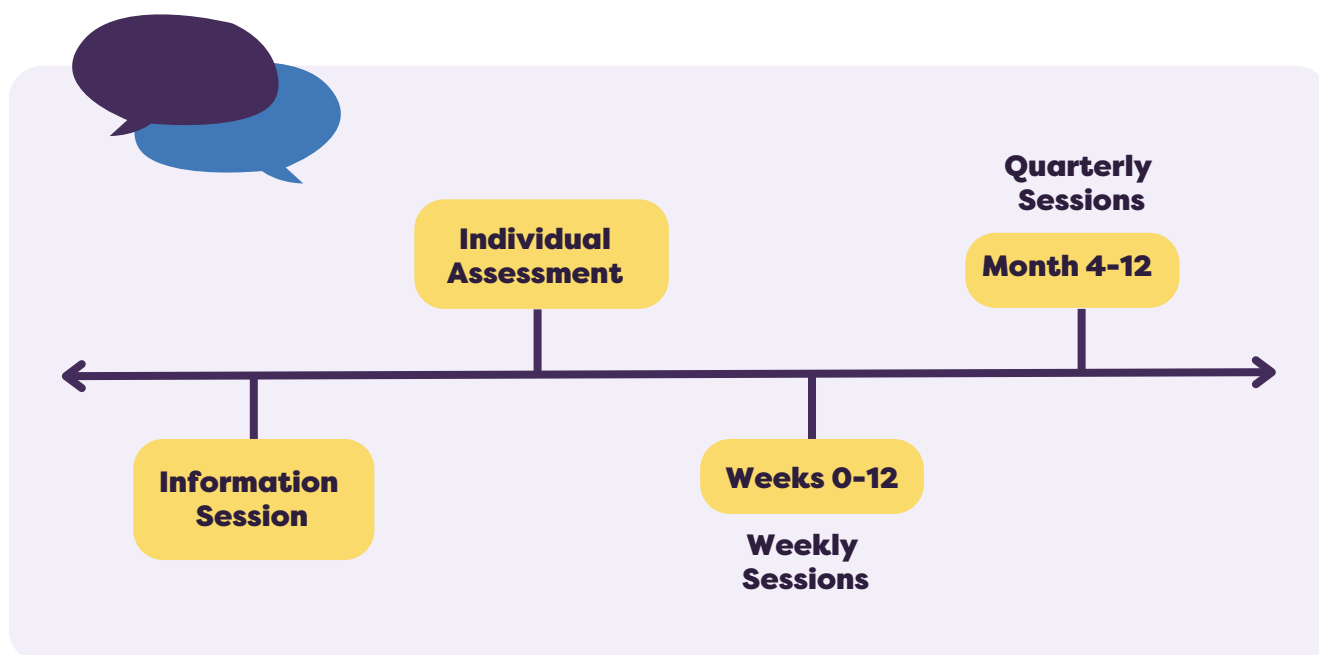
Stage 2

**Weight Loss  
Maintenance**

Ongoing



## Programme structure: 12 months



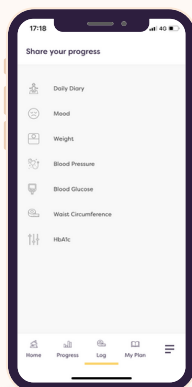
Counterweight NHS Grampian have partnered with local leisure providers to deliver the NHS Scotland approved Counterweight programme. Counterweight Ltd is the service provider and is not part of the NHS.

**LICENCE**

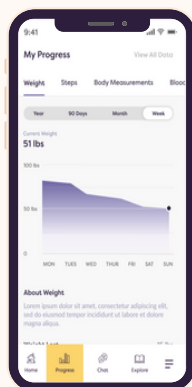
# The Counterweight App

You'll get access to weekly readings on topics to do with nutrition, behavioural strategies, physical activity, sleep, stress and other aspects of wellbeing. The app has many helpful features like measurement tracking, goal setting and peer support via group chat to help you succeed!

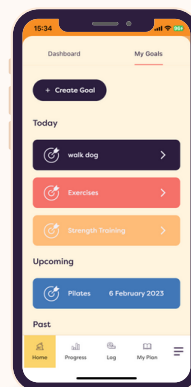
## Log Measurements



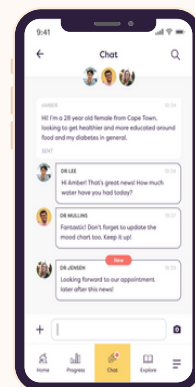
## Track Progress



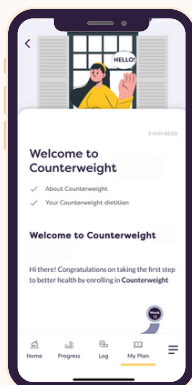
## Set Goals



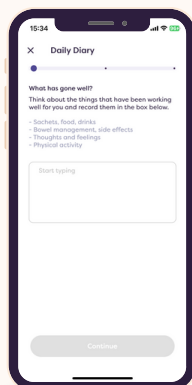
## Group Chat



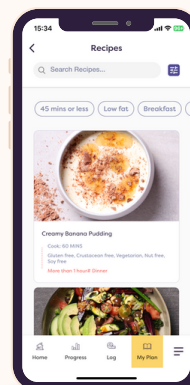
## Weekly Readings



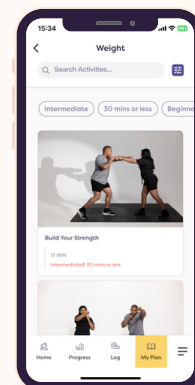
## Journal



## Recipes



## Workouts



**You can choose to use a printed workbook alongside or instead of the app. The App is available on smartphone, tablet and desktop.**

## Programme support

Support will be provided throughout the programme from your local Counterweight Practitioner, other group members and via the educational content in the app.

### You will be supported to:

- Learn skills to help you change your eating, drinking and activity habits (based upon the psychology of long term habit change)
- Learn practical tools needed to plan balanced meals as well as your daily and weekly routine
- Tailor the recommended changes to suit your home life, social life, work life, food preferences and affordability
- Identify and plan for times when it is more challenging to keep going with your new routine and habits

You will be in a group with your local Counterweight practitioner and a small group of other people also on the programme.

Your practitioner will share regular topics for discussion and you will be able to ask questions in the group for support.

You can also chat directly with your practitioner.



## 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?**

## How committed are you?

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 Success Stories



### SHALOM

"My whole outlook on life is better, I'm more positive, I have more energy, I'm less stressed and I can do more with my family. Counterweight gives you everything you need to be successful!"



### SHARON

"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

"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/](https://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

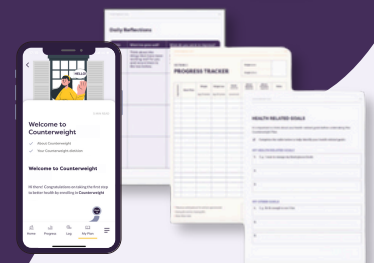
Once you have successfully onboarded to the app, our Programme Support Team will unlock your app content.

within 1  
working  
day



Counterweight

If you have any challenges please contact Counterweight:  
020 3026 8800 | [info@counterweight.org](mailto:info@counterweight.org)





## Need support?

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

✉ [info@counterweight.org](mailto: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)

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

