

**WEIGHT LOSS ADVICE** (please see your Nurse, GP or visit our website ([www.kennetsurgery.co.uk](http://www.kennetsurgery.co.uk) )and the weight management section for any further details)

Our practice nurse will be happy to help offer support and advice to help your plans to lose weight. In addition to this she may also refer you to the following services to assist you on your journey.

### **Eat for health weight management schemes**

45 minutes weight loss advice  
learn how to eat well., lose weight and keep it off

45 minutes of gentle physical activity  
perfect for burning calories and ideal for those new to exercise.

If you have any questions regarding the course, please contact the eat for health tem.  
[Tel:01189 822954](tel:01189822954), email [e4h@berkshire.nhs.uk](mailto:e4h@berkshire.nhs.uk)

### **Walking programmes**

Walking for health is a scheme designed to encourage you to become more physically active by getting in the open air, and viewing the benefits first hand through regular walks in your area.

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or visit <http://wfh.naturalengland.org.uk>

### **Reading Pathway**

Reading pathway scheme is an exercise referral scheme whereby GPs and other healthcare professionals can refer suitable patients to leisure facilities for fitness evaluations and exercise programs.

Pathway is an ideal introduction to physical activity that takes place both within leisure facilities and local communities.

The scheme is a partnership between Reading Borough council, Berkshire west primary care trust and leisure providers in Reading.

### **National**

Please also see the NHS weight loss plan <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>