



# CHOOSE TO CHANGE

## A POSITIVE, PROVEN, FLEXIBLE APPROACH



**The first community specialist weight management service for children and young people**

### A comprehensive 10 week programme

- ➔ Face to face and virtual appointments available to suit the needs of the young person and their family
- ➔ Qualified nutritionists teach children and young people the importance of a varied diet and how to build healthy eating habits
- ➔ Fully qualified professionals provide age-appropriate physical activity recommendations and advice on how to reduce sedentary time
- ➔ Strategies on how to change family behaviours are delivered to encourage positive lifestyle changes
- ➔ Psychological support is available to inform children and parents how thoughts, emotions and mental health play a key role in health
- ➔ GP assessments available with our internal GP to support with any medical needs that may be impacting a child's weight or lifestyle

Our intervention is based on proven methods and is designed to motivate the whole family to take part. We create a safe space for parents & guardians to discuss any challenges they may be facing when making healthy lifestyle changes

Dietary advice



Physical activity



Psychological support



GP assessments



**Please note:** We are currently only accepting professional referrals to our Choose to Change programme. For more information on how to start a referral please visit our website



We deliver our programme in Nottinghamshire health clinics, schools & community settings

**0115 708 0958**

[www.yourhealthnotts.co.uk/choose-to-change](http://www.yourhealthnotts.co.uk/choose-to-change)