

Help with my Weight North Wales-

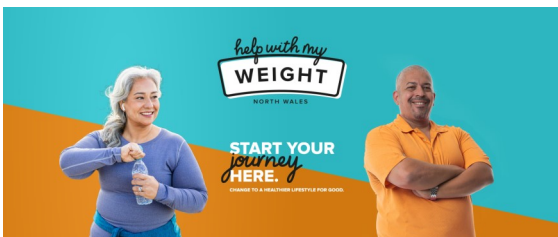
Betsi Cadwaladr offer a range of services for adults in North Wales who need to lose weight for health reasons. They will provide the tools and support you need for successful, sustainable weight loss with a focus on promoting health and wellbeing. You'll receive a handbook and helpful resources and they will support you to work towards what matters to you.

You can join the programmes either via video link from your own home or in face to face venues across North Wales.

To self refer visit

<https://www.smartsurvey.co.uk/s/Weight-Management-Self-Referral-Form/>

Your Referral will be assessed by a dietitian and you will be offered the programme most appropriate for your needs.



Better Health -

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also [find simple ways to lift your mood](#) with Every Mind Matters.

Download the free NHS Weight Loss Plan app to join a 12 week programme.

<https://www.nhs.uk/better-health/lose-weight/>



Better Health Families

Find Better health families online or on social media for ideas and support on keeping your family healthy with advice on how to eat better and move more.

<https://www.nhs.uk/healthier-families/>



Couch to 5K

Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks.

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>



NHS Fitness Studio

The NHS has provided a range of online exercise videos through their [NHS fitness studio](#). These exercises include aerobic exercise to pilates and yoga and are instructor lead, ranging from 10 to 45 minutes. However, please be aware of your own limitations when doing these sessions and only do what you feel comfortable with.

<https://www.nhs.uk/conditions/nhs-fitness-studio/>



BCUH Health Improvement Team

The Health Improvement Team aim to empower the residents of Wrexham to engage with and embrace the value of health and wellbeing. They are a multi skilled team of health improvement practitioners who provide evidence based and sustainable health promotion/ health improvement initiatives to improve health outcomes and reduce health inequalities.

They run a number of classes to help people improve their health and wellbeing. Such as cooking classes, Yoga and Fitrition

<https://bcuhb.nhs.wales/services/hospital-services/health-improvement-team/>

[03000 859 625](tel:03000859625) bcu.healthimprovementteam@wales.nhs.uk



Active Wrexham

At Active Wrexham, they work to empower local communities to be more active – leading to healthier and happier lives through developing and supporting inclusive physical activity.

They focus on creating and supporting opportunities within schools and communities for more people to be more active through a person-centred approach, while supporting the development of local clubs and volunteers to deliver high quality physical activity.

<https://www.wrexham.gov.uk/service/active-wrexham>

