

# Online support for a healthy lifestyle

Take the first step in managing your weight today

If you are an NHS staff member and living with obesity, you may be able to sign up for the free, 12-week NHS Digital Weight Management Programme.

It can be hard to keep healthy and active but with a tailored online plan, tips and support you could reach your goals.

The programme is available on your smartphone, tablet or computer. If you have health conditions, please speak to a health professional to check the programme is right for you.



Search 'NHS Digital Weight Management Programme for NHS Staff' to start your journey.