



For more information call us on
0116 222 7154

Lifestyle, Eating and Activity Programme (LEAP)

LEAP is a free, friendly 10 week weight management programme for adults in Leicestershire. It combines nutrition sessions led by a registered dietitian followed by an exercise session with an activity instructor.

If you are fed up of 'dieting', then this programme is for you.

- LEAP can help improve a number of health conditions that include type 2 diabetes, high blood pressure and depression.
- You will have the support of a NHS-trained dietitian for 10 weeks along with other group members. Together, you will lose weight gradually and safely, learning how to keep the weight off for good by healthy eating and increasing activity levels.
- Not everyone is used to taking regular exercise (because of e.g. an existing health condition, poor mobility) but do not be put off from joining us. Our expert exercise instructors will tailor the exercises to your level of fitness and help you build your activity levels gradually.

Adults who have completed LEAP liked:

- the small group size (male and female)
- that weighing is optional and takes place privately, away from the other group members
- it is not too time consuming, sessions comprise up to 60 minutes nutrition and up to 60 minutes exercise
- that a good range of healthy eating topics were discussed e.g. understanding food groups and eating the right proportion of these, understanding food labels, healthy snack options, overcoming comfort eating
- classes last approximately 2 hours.

Start days / dates and times for these sessions will be confirmed once you have registered.

If you or someone you know wants to join a successful weight management programme call **0116 222 7154** now to book a place or speak to a dietitian in confidence about whether this programme is suitable for you.

