

# Want to Lose Weight... For Good?

**FREE** weight loss sessions  
at a venue near you

**Friendly**  
supportive environment

**12 week course**  
Nutrition sessions with exercise classes



For more information call us on  
**0116 222 7154**



# What is LEAP?

LEAP is a completely FREE NHS weight management programme for adults. It combines nutrition sessions led by a registered dietitian with an exercise session led by a qualified activity instructor.

If you are fed up with “dieting” then this programme is for you. We have already helped hundreds of people to lose weight and keep it off.

Learn about topics such as:

- Balanced eating
- Portion sizes
- How to read food labels
- Eating out the healthy way
- Emotional eating
- Why “diets” don’t work
- Which exercises suit you and your needs best

# Lifestyle Eating and Activity Programme



Follow us on Twitter - [@dietitians\\_lpt](#)



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