

With **Weigh to Go**
this could be you!

NAME: Chelsea AGE: 18
SLIMMING GROUP: Slimming World
STARTING WEIGHT: 16st 12lb
WEIGHT NOW: 15st 4lb
WEIGHT LOSS: 1st 8lb

"The Weigh To Go programme has helped me to lose weight. Being supported by the Weigh To Go Nurses and going to Slimming World has been key to my success. I can see a real difference in myself and I feel happier."



WEIGH TO GO

For more information

Call us anytime at the
Youth Health Service on

0141 451 2727

Visit our website: www.yhs-ng.co.uk

Various locations in your area:

- East Dunbartonshire
- East Renfrewshire
- Glasgow City
- Inverclyde
- Renfrewshire
- West Dunbartonshire

NHS
Greater Glasgow
and Clyde

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Weigh to Go is a service
for 12 to 18 year olds

Call 0141 451 2727

ARE YOU 12
TO 18 YEARS
OLD?

ARE YOU
OVERWEIGHT?

DO YOU
WANT TO
LOSE WEIGHT?

Then **Weigh to Go**
is for you!

Free Weight loss plan for up to 24 weeks
and find out about physical activities near you

With **Weigh to Go**
this could be you!

NAME: Radek AGE: 19
SLIMMING GROUP: Weight Watchers
STARTING WEIGHT: 23st 2lbs
WEIGHT NOW: 13st 6lbs
WEIGHT LOSS: 9st 10lbs

"After Weigh To Go and my weight loss, I have continued to eat healthily and take part in physical activity. I have successfully completed several charity events: Tough Mudder for Help For Heroes, Pedal Power for Scotland for British Heart Foundation and The Great Scottish Run for the Beatson Cancer Charity."

