



Weigh Ahead

Do you need help and support to lose weight and keep it off?
We can help you!

I have found the sessions very helpful and it has made me believe I can lose the weight as well as keep it off.

I liked how the exercise was tailored to each person and I enjoyed it very much.

We are a team of highly trained dietitians who work alongside Leeds City Council Physical Activity Leaders to offer nutrition and physical activity support to help you lose weight.

- We give people the confidence to change their lifestyle
- Make healthier choices
- Make lasting changes that will help you to lose weight and maintain a healthy weight
- Support is available in a variety of locations, daytime and evenings

Contact us: 0113 843 2395 Freephone: 0800 169 4219