



NEWS RELEASE...NEWS RELEASE...NEWS RELEASE

Save pounds and lose pounds at the same time

LOCAL community healthcare provider, Anglian Community Enterprise (ACE), is launching its new-look highly successful 12-week weight management programme, free to the residents of Essex.

The programme, established in 2010, has gone from strength to strength and last year helped 4,863 people across Essex lose weight.

Commissioned by Essex County Council, the adult weight management programme called *My Weight Matters* helps adults to lose weight and maintain a healthier lifestyle. People looking to get fitter and healthier in 2016 are being encouraged to book their place now

My Weight Matters offers one-to-one support and advice, using approaches devised by dieticians, psychologists and exercise specialists as well as using cognitive behavioural techniques. Evidence supports this comprehensive approach as being the most successful for managing weight.

My Weight Matters is available at more than 45 locations across Essex, at various times of the day throughout the week including evenings and Saturdays. People can sign up to the programmes now by calling 0800 022 4524 or via the ACE website, www.ancelifestyle.org/weight-management

Case studies...

PETER Nunn from Colchester has lost 17.9kg from attending the *My Weight Matters* programme. Peter required an operation on his shoulder. However, he was told that he could not have the operation until he lost some weight and reduce his BMI. He was referred to ACE's weight management team for help. As a result of his weight loss Peter has been told he can now have his operation later this year.

From attending, Peter identified that he needed to cut down what he was eating in between meals, reduced the amount of chocolate and crisps he was eating and increased his physical activity levels.

"*My Weight Matters* is a brilliant programme. I really liked the one-to-one approach. I was given the information and it was up to me to use it. I wouldn't have got where I am without it," he said.

KATHRYN Kemp says *My Weight Matters* has changed her life.

The 49-year-old from Hockley started her sessions back in September and has lost two stone. "I've been struggling for years with my weight. I've tried lots of different diets but always suffered from the yoyo effect. I'd lose weight but then, just as quickly, put it back on again so I'd become disillusioned and give up.

“My Weight Matters is different to anything I’ve tried before. It’s not looked upon as a diet but as a lifestyle change. You are shown how to eat properly, manage your portion sizes and, very importantly, understand food labelling.

“Unlike many commercial programmes, you are not pressurised and no-one is judgemental with you. The one-to-one service is great and, even though I have finished my course, I know I can still pop in and receive some advice or a few words of encouragement.

“My GP recommended the course to me and I think it’s one of the best things he has ever done for me. I’ve recommended it to colleagues at work. On top of everything else, it’s free!” said Kathryn.

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