Lose weight with Healthy Helpings

What is Healthy Helpings?
Healthy Helpings is a free, eight week course which offers a fun, interactive and informative way of finding out more about healthy eating and a healthy lifestyle, and the best ways to put it into practice in your everyday life.

Who is it for?
Healthy Helpings is suitable for overweight adults over the age of 18 who want to lose weight. Healthy Helpings is not suitable for pregnant women or children.

Why should I think about my weight?
Reaching and keeping to a healthy weight can help control blood pressure, cholesterol and blood sugar levels as well as making you feel more energetic. Losing a small amount of weight and keeping it off can have very positive long-term effects.

What happens?
As part of a group of 10-12 people you will come to Healthy Helpings for one hour, once a week for eight weeks.

Sessions will include:
- The importance of healthy eating and exercise in achieving a healthy lifestyle.
- Information about portion sizes.
- Quick, easy, healthy meal ideas.
- How to shop smart.
- Making sense of food labels.
- The importance of fluid.
- The effect of alcohol on calorie intake.
- Keeping going!

Where can I get my Healthy Helpings?
As part of the Well North Grampian (Healthy Weight) Programme, we’re working with existing staff to make healthy lifestyle interventions like Healthy Helpings more available in your area.

Find out about classes near you:
Ask about classes at Bydand Medical Group, Huntly or contact Maria Nika, Healthy Helpings Coordinator, Community Dietetic Department, Westholme Building, Woodend Hospital, Aberdeen. AB15 6LS (Telephone: 01224 556664)