

# A one-year healthy lifestyle programme for adults



## What is Get Moving with Counterweight?

Get Moving with Counterweight is a one-year healthy lifestyle programme, which supports individuals – including those at risk of type 2 diabetes – to eat well, get active and manage their weight for life.

Available on the NHS across the East of Scotland, this programme is delivered by health coaches at local leisure centres and involves two key stages:

### Stage 1 3 months

### Behaviour change

- Weekly healthy eating and active living group sessions
- Support to lose 5-10% of your body weight
- Personal goal setting and forward planning to avoid setbacks
- Tailored physical activity classes
- Discounted membership at local leisure facilities

### Stage 2 9 months

### Behaviour maintenance

- Group follow up sessions every 3 months
- The opportunity to share experiences with others
- Ongoing support to maintain a healthy weight
- The chance to review progress and achievements

**The programme will help you to lose weight, form positive habits and maintain a healthy lifestyle**

## What can I expect at the Get Moving with Counterweight sessions?

At each group session, participants will be taken through a series of interactive topics including:

- Weight loss goals and energy requirements
- Healthy eating and active living
- Understanding food labels
- Healthy shopping, cooking and eating out
- Eating habits and emotions
- How to overcome hurdles as they arise
- Maintaining a healthy lifestyle for the long term

Sessions will take place at your local leisure centre or virtually via a digital group platform.



# Why Get Moving with Counterweight?

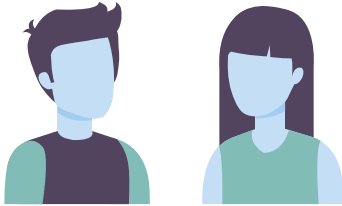
## Health benefits



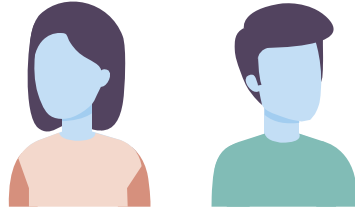
| Decreased:  | Increased:                   |
|---|------------------------------|
| Weight  | Energy                       |
| Blood pressure                                    | Sleep quality                |
| LDL or 'bad' cholesterol                          | HDL or 'good' cholesterol    |
| Sedentary behaviour                               | Ability to keep active       |
| Stress  | Quality of life              |
| Risk of complications and other health conditions | Endorphins and positive mood |

## Participant perspectives

The coaches have supported me to lose weight, make the right choices and bust the myths out there. I'm already noticing a difference in my health and feel better in myself.



Thinking about healthy food options, portion sizes and stopping eating when full, along with the benefits of getting active, has made me realise that it's just a case of being sensible and making some small changes.



Being part of this programme has made me move again. I've reactivated my gym membership and attend as much as possible, alongside the weekly sessions.

The programme has given me inner motivation and willpower. I knew I needed to exercise and eat better but was missing the important kick start and someone to show me how. Get Moving with Counterweight has been the vital spark.

## Is Get Moving with Counterweight the right programme for me?

Get Moving with Counterweight is suitable for adults (18 years old or above) who want to get more active and better manage their weight.

## How do I get in touch?

To find out more about Get Moving with Counterweight and how to participate, please contact your local Weight Management and Type 2 Diabetes Prevention Service:

### NHS Lothian

Email: [weight.management@nhslothian.scot.nhs.uk](mailto:weight.management@nhslothian.scot.nhs.uk)

Phone: 0131 537 9169

We offer a range of support for those at risk or living with type 2 diabetes, so if Get Moving with Counterweight isn't suitable for you – we'll be sure to find something that is.