

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

NAME: Chelsea AGE: 18  
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**

Locations throughout  
the **Greater Glasgow  
and Clyde** area

For more information call us at the  
Youth Health Service on:

 **0141 451 2727**

or visit our website:

 [www.nhsggc.scot/WeighToGo](http://www.nhsggc.scot/WeighToGo)

**SCAN  
ME!** 



**NHS**  
Greater Glasgow  
and Clyde

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

 **0141 451 2727**

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NAME: Radek AGE: 19  
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."*

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
- Face to face support from a Weigh to Go Nurse and free slimming group membership
- Set realistic goals and increase your physical activity

