

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

NAME: Rhianna

AGE: 18

STARTING WEIGHT: 99.1kg

FINISHING WEIGHT: 77.7kg

WEIGHT LOST: 21.4kg

"The Weigh to Go programme
makes you feel that you are not
on your own while on your journey.
They help you every step
of the way."

Before



After



Rhianna lost over **three**
stone in six months.

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



NHS
Greater Glasgow
and Clyde

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WEIGH TO GO

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

T: 0141 451 2727

visit:

www.nhsggc.scot/weightogo

**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
- Free face to face support from a Weight to Go nurse for all, and free Slimming World Group membership for 16-18 year olds.
- Set realistic goals and increase your physical activity