

**NEW!**

# WEIGHT MANAGEMENT PROGRAMME



Our new Weight Management Programme is a **personalised exercise-based programme** that provides you with **professional support** through your weight loss journey.

With this programme, you participate in a 12-week, biokineticist-led exercise program with optional access to dietician and psychologist services, offering you a holistic approach to overcoming barriers that have made reaching a healthy weight challenging.

This programme is available to qualifying beneficiaries with a high BMI.

## Structure of the programme

- One consultation and 3 reassessments at four-week intervals
- 9 Individual or group exercise classes with a biokineticist (one per week)
- Optional benefits to access a dietician or psychologist to assist on your weight-loss journey

### How to participate

- Call 0860 106 155.
- Provide your details so that we can locate a BASA biokineticist nearest to you.
- Once the eligibility criteria has been met, we will send you further information on service providers in your area.
- Enjoy your journey to better health!



Call **0860 106 155** if you would like to find out more.