

THE SHAPE-UP APPROACH TO WEIGHT MANAGEMENT

Shape-Up is a structured self-help programme that helps people to manage their weight. The programme has evolved over several years and has been designed by psychologists, dieticians, and exercise specialists working for the charity Weight Concern. By completing the Shape-Up programme, you will learn skills that will help you to manage your weight and enjoy a healthier relationship with food and physical activity. Shape-Up is not for those looking for a 'quick fix' for their weight problem. However, it will help you to develop a lifestyle which will help you to lose weight now and keep it off for the future.

THE BENEFIT OF SHAPE-UP GROUPS

Weight management can be a lengthy and lonely business. Shape-Up Groups offer people the opportunity to work through the programme with the support of others who are in the same position.

SHAPE-UP WILL HELP YOU TO:

- Limit further weight gain
- Achieve modest weight loss
- Become more physically active
- Get into a regular eating pattern, which will make it easier to resist tempting, high calorie foods
- Balance the different types of food that you eat
- Reduce your tendency to overeat

WHAT WILL THE PROGRAMME CONSIST OF?

- Groups meet for eight sessions – one per week. Each week, one of the following topics will be discussed:
- Preparing to shape up (Self-monitoring and food diaries)
- Keeping to a regular eating pattern
- Becoming more physically active
- Eating a balanced diet

- Food serving sizes – How to cut the quantity
- Gaining control of your eating
- Understanding food labels

WHO ARE THE GROUPS INTENDED FOR?

Shape-Up Groups are designed for overweight men and women who are concerned about their weight and/or health risks such as high cholesterol or high blood pressure, and who want a long-term solution focusing on lifestyle changes.

The Shape-Up programme might be right for you, if you are:

- Aged over 18 years
- Overweight (This means having a body mass index [BMI] over 25. You can easily calculate this on the Weight Concern website www.weightconcern.org.uk)
- Willing to attend all group sessions

HOW DO I JOIN A *SHAPE-UP* GROUP?

You will need to contact the *Shape-Up* facilitators in your area:

Jackie Greig & Rashida Ali

Newham Carers Network

107-109 The Grove

Stratford

London E15 1HP

020 8519 0811

jackie.greig@renewalprogramme.org.uk

rashida.ali@renewalprogramme.org.uk

If you would like to know more about Weight Concern and our work, please contact us or visit our website.

Weight Concern

Phone: 0207 679 1853

(Information about local *Shape-Up* Groups is not available from this number. For local information see the contact details given under 'How do I join a Shape-Up Group')

Fax: 0207 679 8354

E-mail: [**enquiries@weightconcern.org.uk**](mailto:enquiries@weightconcern.org.uk)

Website: [**www.weightconcern.org.uk**](http://www.weightconcern.org.uk)



SHAPE-UP **GROUPS**

A LIFESTYLE APPROACH TO WEIGHT MANAGEMENT

