

What do participants think?

- 90% feel confident to maintain the changes they've made
- 91% are being more active
- 96% found the group setting supportive

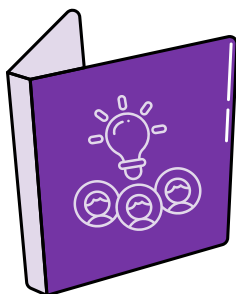
Non-judgemental
friendly staff, looking
at realistic ways to
overcome barriers

The booklet and
discussions are very
helpful

What do I get on a programme?

Every participant joining Get Started will receive a Get Started folder which includes everything you'll need during the programme.

You will also receive a free physical activity session as part of Sessions 1-8.



How can I join the programme?

All adult healthy weight referrals are reviewed to see which programme is most suitable for the individual.

You will then be contacted to arrange your assessment appointment.

Scan the QR code
to refer into
NHS Shetland Adult
Healthy Weight
Programmes



To find out more or to contact us go to:

 info@healthyshetland.com

 01595 743330

 @HealthyShetland

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 www.healthyshetland.com

Leaflet developed by
Health Improvement Team

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Get Started Programme



source: ©World Obesity

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The programme is fantastic, it's supported me in making changes.
Friendly and informative.

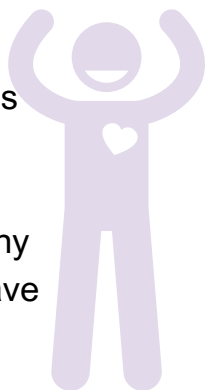
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About the programme

The Get Started programme is for adults aged 18 years or over and is free to join.

The aim is to support you to make healthy lifestyle changes in a way that works for you.

Making positive changes to any aspect of your lifestyle can have a significant impact on your health and wellbeing.



Get Started is delivered by trained Health Improvement Practitioners mainly in group settings. One-to-one support is very limited.

Our Get Started groups are delivered in local leisure centres in partnership with Shetland Recreational Trust.

Programme criteria

The Get Started programme is suitable for people who are:

- Motivated and ready to make changes
- Able to engage in regular sessions
- Physically mobile
- Safe for exercise



Sessions

Each session helps you shape your goals towards a healthy lifestyle.

The sessions listed below run every 2 weeks for 4 months and include a:

- 1 hour topic discussion, and
- 30-minute physical activity (group only)

Session 1 - Welcome to Get Started

Session 2 - Making a change

Session 3 - Food for thought

Session 4 - Finding a balance

Session 5 - Getting active

Session 6 - Food labels

Session 7 - Sleep and alcohol

Session 8 - Moving forward

Followed by a review every 2 months until the 12-month programme is complete.

6-month 8-month 10-month 12-month review



I found the sessions about hunger and food labelling the most interesting.



Programme delivery

We are committed to giving as many people in Shetland the opportunity to join the Get Started programme.

You will find our Get Started groups running in the following leisure centres:

- Clickimin
- Whalsay
- North Mainland
- Unst
- West Mainland
- Yell



One-to-one support is very limited.

Your commitment

Commitment is a big part of whether this programme will feel successful to you. For you to get the most out of the Get Started programme you must:

- Attend both sessions 1 and 2
- If you miss 3 or more sessions then any perks associated with the programme will be cancelled.

Simply attending the sessions will not be enough for you to see change in your lifestyle. Putting your goals into action is very important.

Make the most of the resources you get as part of the sessions and apply these to your daily life.