

Weight Management Support Programme

Information for patients



Physical activity is vital to sustain a healthy lifestyle and to help manage your weight.

Who we are?

We are a specialist Physical Activity Team offering advice and support to individuals with weight-related challenges. We will support you to participate in appropriate forms of exercise and improve your activity level and quality of life.

What we offer

Initially we provide an individual physical activity assessment to create a plan to increase your activity level. This ensures the level of programme meets your needs, taking into account any long-term conditions and difficulties you might be experiencing with pain.

This also gives you an opportunity to talk through any concerns you may have about increasing your physical activity.

We will then support you to participate in the group programme.

What is involved in the group programme?

We run a 12-week programme of physical activity. The group sessions involve taking part in a series of exercises tailored to your individual level.

The group sessions last around an hour and a half. Groups are small with a maximum of 8 people in the session. This allows us to monitor you closely to ensure you are working at the right level for you.

Benefits of the group:

- Develops physical capabilities, increasing independence
- Improves control of your blood sugar
- Keeps your heart healthy
- Improves sleep and energy levels
- Reduces stress and anxiety
- Exercise with like-minded people and make new friends
- Boost self-confidence and self-belief
- Improves pain control, and management of long-term conditions.

What happens after the programme?

You will have a final meeting and assessment after the 12-week programme. We then aim to support you to continue physical activity after the programme and maintain the progress you have made for the long term.

How to join the programme

Contact the Weight Management Team to join to this programme:

Astley Ainslie Hospital

0131 537 9169

Monday-Friday 9:00am – 1:00pm

Where are the groups held?

Mid & East Lothian

Danderhall Community Hub

Monday 12:30pm-1:45pm

Port Seton Community Centre

Wednesday 11:00am-12:15pm

Edinburgh

Pentland Community Hub

Tuesday 09:30am-10:45am

West Lothian

St. John's Hospital, Livingston

Thursday 1:30pm–2:45pm