**Choose what works for you!**

**A poster with text and images

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Living Well are excited to offer 12 weeks FREE membership with one of three fantastic providers who can help you to achieve your weight loss goals! Whether you have a few stubborn pounds to lose or a bit more, there are offers suitable for everyone!

Learn about healthy eating, get more active and make new friends along the way! You will be welcomed into a friendly environment where you will receive non-judgemental support to help you achieve your weight loss goals.

Choose from well-known provider Slimming World, offering a host of online tools and resources, or sign up for one of our unique local providers APNA healthy living or the Brotherhood.

The Brotherhood has been created with NHS Primary Care Dietitians and Bradford Bulls. It’s not just about physical health, it’s about building better habits, staying motivated, and connecting with like-minded people. With regular check-ins and expert advice, this offer is designed with men in mind, but everyone is welcome to learn about nutrition and take part in friendly sport-based sessions.

APNA has been developed with NHS Primary Care Dietitians and Abilities Together CIC to create an offer that specialises in offering plans designed for people with cultural and global food requirements that may not be as readily available from mainstream providers. It’s run by experienced dietitians who will offer supportive and relevant nutrition information along with exercise sessions, held in small male only, or female only groups, they can also offer some one-to-one sessions too.

This fantastic offer is open to all adults living in Bradford district who have a BMI of 25 or over. So long as you haven’t had an active membership for 3 months or more you can join for FREE!

If you’re not sure what your BMI is - you can check it here:

<https://mylivingwell.co.uk/quizzes/bmi-calculator/>

Find out more

<https://mylivingwell.co.uk/eating-well/manage-your-weight/>