

# Weight Management First Line Advice



12 Week Weight  
Management  
Programme

[www.nhsinform.scot/healthy-living/12-week-weight-management-programme](http://www.nhsinform.scot/healthy-living/12-week-weight-management-programme)

01



Resources written by dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy

[www.bda.uk.com/food-health/food-facts.html](http://www.bda.uk.com/food-health/food-facts.html)

02



A recipe finder with hundreds of heart healthy recipes with full nutritional analysis

[www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder](http://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder)

03



For resources on **emotional wellbeing and mental health** with links to available support services

[www.ablivingwell.org/emotional-wellbeing-mental-health](http://www.ablivingwell.org/emotional-wellbeing-mental-health)

04



For a range of instructor-led exercise videos: aerobics exercises, strength and resistance, pilates and yoga (10-45 mins workouts)

[www.nhs.uk/conditions/nhs-fitness-studio](http://www.nhs.uk/conditions/nhs-fitness-studio)

05



For resources on **living with a long-term condition** as well as support services available in your community

[www.ablivingwell.org](http://www.ablivingwell.org)

06



## Self Referral

You can self-refer to the Dietetics department for further support by leaving your name, date of birth and contact telephone number at either:

**Voicemail:** 01631 789 041

**Email:** [nhsh.dietitiansdirect@nhs.scot](mailto:nhsh.dietitiansdirect@nhs.scot)