

Want to Lose Weight... For Good?

FREE weight loss sessions
at a venue near you

Friendly
supportive environment

10 week course:
Nutrition sessions with exercise classes

What is LEAP?

LEAP is a completely FREE 10 week weight management programme for adults in Leicestershire. It combines nutrition sessions led by a registered dietitian followed by an exercise session with an activity instructor. If you are fed up of "dieting", then this programme is for you. We have already helped hundreds of people across Leicestershire lose weight and keep it off.

Learn about topics such as:

- Balanced eating
- Portion sizes
- How to read food labels
- Eating out the healthy way
- Emotional eating
- Why "diets" don't work
- Which exercises suit you and your needs best

Lifestyle Eating and Activity Programme