

LITE4LIFE NUTRITION COMPLETE

Tees Active would like to introduce our referral partners to an extension of our weight management service, now available. The new scheme aims to inform, educate and assist people who want to lose weight and includes the use of a unique nutrition digital platform.

Could we ask that you familiarise yourself with the eligibility criteria below prior to referring:

- Aged between 16-40
- Body Mass Index over 25
- Must have access to smartphone / tablet
- Commitment to the 10 week structured programme
- Motivated to change diet and exercise routine

Consultation: 30 minutes

Course Length: 10 week course

Available at: Billingham Forum & Thornaby Pavilion

Sessions Include: 30 mins education and 30 mins group exercise each week

The key benefits of the scheme are:

- Access to Digital Platform
- Access to recipe database (100's of delicious recipes)
- Fully customisable meal plans / digital shopping lists
- Progress / performance tracker
- Access anytime via Smartphone / Tablet / Computer

Please complete the Tees Active Referral form, selecting Lite4Life Nutrition Complete and return completed forms to referral@teesactive.co.uk

For more information contact nadine.corner@teesactive.co.uk or our referral line 01642 526740



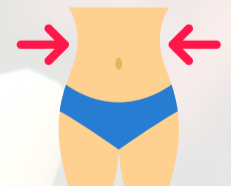
Plan and prepare all of your meals on your daily planner



Set daily, weekly or monthly goals and monitor your weight regularly



100's of recipes to choose from with integrated shopping list



Track your daily, weekly, monthly and overall progress on the go