"The Weigh To Go programme has helped me to lose weight. Being supported by the Weigh To Go Nurses and going to Slimming World has been key to my success. I can see a real difference in myself and I feel happier."

NAME: Chelsea  AGE: 18
SLIMMING GROUP: Slimming World
STARTING WEIGHT: 16st 12lb
WEIGHT NOW: 15st 4lb
WEIGHT LOSS: 1st 8lb

For more information
Call us anytime at the Youth Health Service on
0141 451 2727
Visit our website: www.yhs-ng.co.uk

Various locations in your area:
- East Dunbartonshire
- East Renfrewshire
- Glasgow City
- Inverclyde
- Renfrewshire
- West Dunbartonshire

With Weigh to Go this could be you!
Free Weight loss plan for up to 24 weeks and find out about physical activities near you

ARE YOU 12 TO 18 YEARS OLD?

ARE YOU OVERWEIGHT?

DO YOU WANT TO LOSE WEIGHT?

NAME: Radek  AGE: 19
SLIMMING GROUP: Weight Watchers
STARTING WEIGHT: 23st 2lbs
WEIGHT NOW: 13st 6lbs
WEIGHT LOSS: 9st 10lbs

“After Weigh To Go and my weight loss, I have continued to eat healthily and take part in physical activity. I have successfully completed several charity events: Tough Mudder for Help For Heroes, Pedal Power for Scotland for British Heart Foundation and The Great Scottish Run for the Beatson Cancer Charity.”