

Here are some helpful resources for you to get more active:

[WAYS TO GET ACTIVE - This Girl Can](#)

[Better Health - NHS \(www.nhs.uk\)](#)

[Lose weight - Better Health - NHS \(www.nhs.uk\)](#)

[Get active - Better Health - NHS \(www.nhs.uk\)](#)

You can find variety of programs for weight loss and apps to help you track your physical activity.

Have a look at guidelines by the NHS about the benefits of regular physical activity [Benefits of exercise - NHS \(www.nhs.uk\)](#)

[Gloji | Personalised Weight loss | 12 Week Programme](#) – this is a 12-week programme which you can register for. It's available for individuals with BMI 30+ and high risk groups (hypertension, diabetes)

Here are some social activities I have found for you within the local area or which you can access online:

[Download.ashx \(sportinmind.org\)](#)

[u3a - Home](#)

Here is some information about diet recommendations when you have hypertension:

[Hypertension Food Fact Sheet | British Dietetic Association \(BDA\)](#)

[The DASH Diet: A Complete Overview and Meal Plan \(healthline.com\)](#)

If you feel like you need more support and guidance with your diet, exercise and lifestyle improvement, we can refer you to the NHS 12-week Digital Weight Management Programme, which can be accessed through your mobile phone or computer.

Please reply to this message if you would like to be referred to this programme.

Hope you are well and have a lovely weekend.