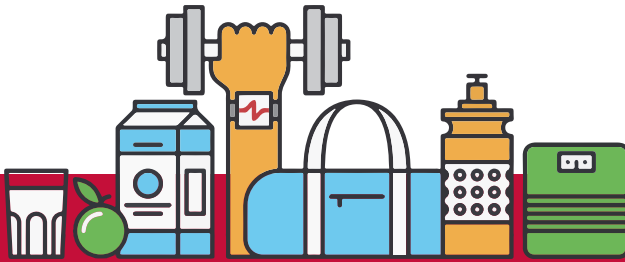


Programme Booklet



Achieve Oxfordshire offer a range of free weight loss programmes for adults, children and families.

This booklet provides you with a breakdown of the programmes that are available for you to choose from.

For further information, please contact our friendly team.

Phone: 01865 590181

Email: hello@achieveoxfordshire.org.uk

Website: www.achieveoxfordshire.org.uk



Group Weight Loss Programme

A 12 week weight loss programme that is delivered in a group setting. Benefit from the group support and encouragement each week and cover topics such as emotional eating, making and breaking habits, getting active, what's inside our food and much more.

What can you expect?

- 12 group sessions for support, accountability, discussions and sharing knowledge
- Weekly sessions run by an expert practitioner
- 1:1 support from your practitioner between sessions (optional)
- A safe, judgement-free space with no public weigh-ins
- A programme that helps you understand your personal habits, challenges and behaviours
- Ongoing access to our online gym – Gloji Gym



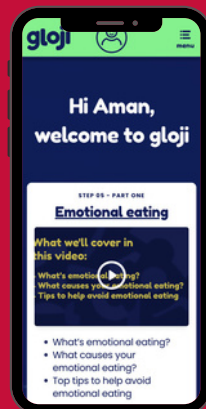
**Available
in person
or online**

**Email us to get
started today.** ✓



Digital Weight Loss Programme

An online weight loss programme that will guide, empower and educate its users to take control of their health. This flexible programme is ideal for those with busy schedules who want to take things at their own pace.



What can you expect?

- Easy to follow weekly content delivered through short videos
- Unlock new topics and content each week
- Accessible on most digital devices
- Accessible at any time that suits you
- Ongoing telephone support from a Gloji health mentor (optional)
- A library of articles that are tailored to the individual based on their profile
- A recipe booklet with tasty, healthy ideas for breakfast, lunch, dinner and snacks
- Ongoing access to our online gym – Gloji Gym

Reserve your space
on Gloji 

Gloji Energy Healthy Lifestyle Programme for Families



Supporting children aged 4-12 years old and their families to become a healthy weight. This programme offers exciting and engaging activities that motivate, support, and enable families to make changes to their lifestyle in a positive way.

What can you expect?

- 10 weekly sessions held at the same time each week
- Group and 1:1 support available
- 1 hour sessions including 45 minutes of physical activity for children whilst parents/carers learn about nutrition and healthy habits
- 15 minutes of a whole family interactive session
- Optional 1:1 support with your practitioner outside of sessions
- Free access to our online Gym



**Email us to get started
today**



**Available
in person**




Swimming Weight Loss Programme

Swim 2 Slim is a 12-week weight loss programme that incorporates swimming with nutrition and healthy lifestyle coaching.



What can you expect?

- 10 swimming sessions, led by a qualified swim coach
- Nutrition and healthy lifestyle information, accessible through weekly videos
- Ongoing support from a healthy weight practitioner
- Ongoing access to our online gym
- Accessible for all levels of fitness and abilities

[Email us to get started today](#) 



* To join this programme, you should be able to currently swim at least 25 meters

Football Weight Loss Programme for Men

MAN v FAT Football is the UK's leading weight loss programme for men, where losers win! Earn points each week when you lose weight and compete against other teams in your league across a 14 week season.

All abilities welcome.



How it works



Weigh

Weigh in before each game to track your progress



Play

You score points for weight loss and goals on the pitch



Lose

Lose weight, get fitter and improve your health.



Win

Team don't win the league? You still lose weight. Result!

Reserve your space on MAN v FAT

(to access the programme for free enter the code 'ACHIEVE' when prompted)

Leagues in Oxfordshire



Oxford

Mondays 7-9pm



Abingdon

Wednesdays 8-9pm



Banbury

Sundays 6-8pm



Bicester

Fridays 8.30-10.30pm

*Players can get free access to mental health support and MAN v FAT virtual gym.



Slimming World and Weight Watchers

Achieve Oxfordshire can provide you with a 12-week voucher to attend either Slimming World or WW.



[Find your nearest Slimming World group](#)



[Find your nearest WW group](#)

Email us to get started today.



The voucher will be valid for 12 weeks from the activation date.



Get Access to Gloji Online Gym

When you sign up to any of our weight loss programmes you will be given access to our online gym.

Gloji Gym offers daily live exercise sessions for all abilities, including Pilates, Full Body, Armchair Aerobics, Low Impact Circuits, Morning Stretches and Yoga.

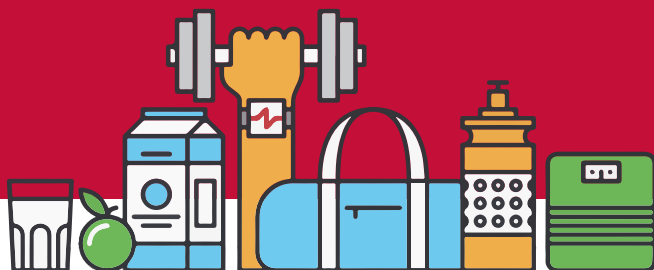
- All instructors are highly trained in supporting those who are less active to increase mobility and become **fitter** and **stronger**.
- Gloji Gym has classes available for **all fitness abilities**.

Available to anyone who has joined one of our weight loss programmes and access continues beyond completion of the 12-week programme.

Get access to
Gloji Gym ✓

achieve

OXFORDSHIRE



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