

Five & Alive

Who can sign up for Five & Alive?

Five & Alive is open to men and women who want to lose weight for good!

What does Five & Alive aim to do?

Five & Alive sessions, over a five week period, aim to:

- develop a healthier lifestyle
- motivate for weight loss and maintenance
- encourage increase in physical activity and
- promote a positive approach for well-being

What can I expect to achieve?

If you have attended the five sessions, followed the advice and guidance, by the end of the five weeks you can expect to:

- be able to follow a well balanced eating plan
- be taking regular physical activity
- have an appropriate plan to maintain a healthier lifestyle and have lost a few pounds

When and where is Five & Alive?

Five & Alive sessions are held in **Silverton Community Hall** for one hour a week for a block of five weeks.

Sessions are held in the afternoons or evenings.

Ideally you will come to all five afternoon sessions, or all five evening sessions, but if this is difficult for you please let me know, depending on the numbers in the groups it may be possible to be flexible in exceptional circumstances.

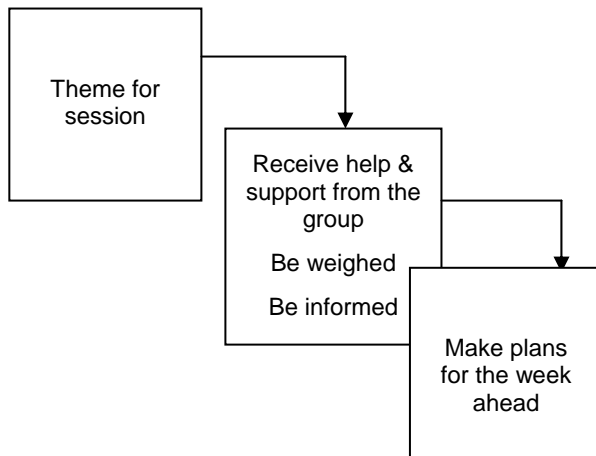
To find out the NEXT START DATE and TIMES call Sylvia on 07711820584 or contact Wyndham House Surgery.

How much does it cost?

You are asked to pay £5.00 deposit to secure your place on the next session plus £2.00 each week.

What happens at a Five & Alive session?

The sessions are designed to encourage the sharing of ideas. Each week there will be a theme, everyone will have the chance to be weighed and to gather information from leaflets and the advice on hand and you will be encouraged to join in the discussions. You will also get ideas about how to set your own goals for the week ahead and plan how you are going to reach them.



Each session starts with a talk on one of the themes:

- 1 Understanding **Five & Alive**
- 2 Five a day – a guide to healthy eating
- 3 Five times thirty – ways to keep active
- 4 Five for outlook – ideas to keep positive
- 5 Five to stay alive – maintaining a healthy lifestyle.

The next part of the session is for further discussion in smaller groups to share ideas and experiences, during which time there will be an opportunity to check your weight and gather information from leaflets and other documents.

The last part of the session provides an opportunity to make plans for the week ahead to enable you to begin the changes you want to make.

How do I get a place on the next group of Five & Alive sessions?

Apart from being committed to come along to five one hour sessions over a period of five weeks and to want to make changes towards a healthy lifestyle, all you need to do is complete the attached application form and return it to the Surgery Reception or the address overleaf, together with your £5.00 deposit.

The Five & Alive sessions are accessible irrespective of gender, race, religion, disability, age or sexuality. If you have any particular needs please let me know.

Five & Alive
Supported by Wyndham House Surgery
Silverton EX5 4HZ

Application Form

Name:

Address:

Telephone Numbers:

day:

evening:

mobile:

e-mail:

I wish to join the **Five & Alive** sessions

Start date:

Please indicate the time of session group you would like to attend

Time of sessions: Afternoon / Evening or Either

P.T.O

My reasons for wanting to join Five & Alive are:

- 1.
- 2.
- 3.
- 4.
- 5.

Signed:

Date:

Please enclose £5.00

Please let us know below if you have any special needs while attending the **Five & Alive** sessions

Completed application form to be returned to:

Sylvia Wakeham
c/o Wyndham House Surgery
Silverton EX5 4HZ

Tel: 077 11 820 584
Email: sfwakeham@aol.com

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ALIVE

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