

Low Calorie Diet Programme

Welcome to your journey with us



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Your Journey Starts Here

We will try to put your Type 2 diabetes into remission.

Over the next 52 weeks, you will go on a journey designed to improve your health and wellbeing.

The aim is to help you lose weight - and, by doing so, try to put your Type 2 diabetes into remission.

This means that your blood sugar levels remain healthy without having to take any medication.



What to Expect



**AN EFFECTIVE
NEW DIET**



**NHS APPROVED
SUPPORT**



**EXPERT HEALTH
COACHES**



**SIMPLE
LIFESTYLE
CHANGES**



**NUTRITION
AND ACTIVITY
GUIDANCE**



BETTER HEALTH

How It Works

You will attend 20 free sessions over the next 12 months.

Trained coaches will help you make sustainable changes to your lifestyle. We will keep track of your weight, blood pressure and blood glucose level over this period.

You will be supported through three stages of the programme, starting with **Total Diet Replacement**.

01

TOTAL DIET REPLACEMENT

12 weeks

You will replace your usual food with a diet to help you lose weight safely. This consists of a range of healthy shakes, soups, meals, and desserts that will limit your calorie intake. These will all be provided for free over the 12 week period. You will also start working with a Health Coach on a range of behavioural change sessions.

02

FOOD REINTRODUCTION

5 weeks

Your Coach will guide you to reintroduce food into your diet in a safe, healthy way. This includes getting food boxes, help with meal planning, understanding nutrition and balancing a healthy diet. We'll also help you find fun, easy ways to become more active.

03

MAINTENANCE

35 weeks

We want the changes you make to be long-lasting and sustainable. The final phase of the programme will provide you with the knowledge and tools you need to continue to achieve your health and wellbeing goals - and hopefully put your Type 2 diabetes into remission.

YOU CAN TAKE ACTION AGAINST YOUR TYPE 2 DIABETES.

We are here to help you make lasting, positive change.

What happens next?

You will be booked in for a suitable appointment - either online, over the phone or in person. You will meet your Health Coach, who will support you through the programme.

What happens if I can't make the first session?

Just let us know - we will arrange for you to go onto another programme as soon as possible.

Will I need to buy anything?

No, all our resources are free. This includes the food you eat during the 12 week Total Diet Replacement stage and some of the Food Reintroduction stage.

What about the situation with Covid-19?

While social distancing restrictions are in place our support is provided remotely over phone and video call. Face-to-face sessions will be available as soon as it is safe to do so.

For more information:

Visit: reedwellbeing.com/lowcaloriediet

Call: 0800 092 1181

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