

ONE YOU SURREY

PROGRAMME BOOKLET

GET BACK TO A HEALTHIER YOU

ONE YOU SURREY IS A FREE HEALTHY LIFESTYLE SERVICE COMMISSIONED BY SURREY COUNTY COUNCIL.

Go smoke free and lose weight with personal support, 1-1 calls and full access to gloji's digital stop smoking and weight loss support programmes. 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: 01737 652168
Email: hello@oneyousurrey.org.uk
Website: www.oneyousurrey.org.uk

oneyousurrey

SURREY COUNTY COUNCIL

BE SMOKEFREE WITH gloji



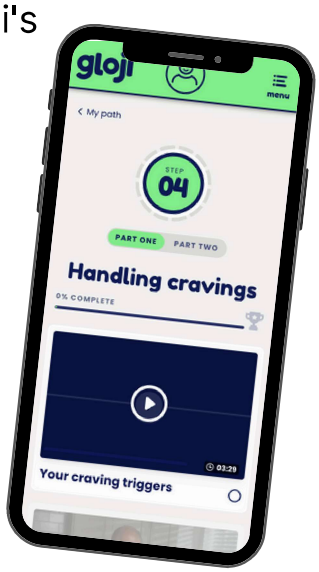
PERSONAL SUPPORT

- 1-to-1 sessions with a trained stop smoking mentor, either in person or by phone.
- E-cigarettes and other stop smoking aids, delivered to your door for free.
- Regular appointments to stay motivated, at a time to suit you.
- Regular conversations with understanding mentors.

+

DIGITAL SUPPORT

- 12 weeks of interactive videos.
- Online articles, tips and guides.
- Access to gloji's online gym.
- Bonus digital goodies like recipes and more.



'I've found it to be very helpful and reliable. The benefits have been having support every week when I've needed it and someone understanding to talk to. The aids have been really helpful with regards to managing withdrawal symptoms and not having to carry the financial burden'

LISA 42

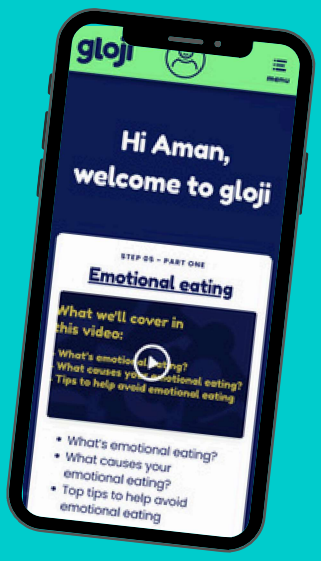
Scan to get started

ONE YOU SURREY

LOSE WEIGHT, FEEL GREAT

WITH gloji

Join gloji for sustainable weight loss and more with a path that combines a digital weight loss programme with a support option that works for you, choose between group support or one-to-one support to tailor your plan.



WHAT CAN YOU EXPECT?

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DIGITAL SUPPORT

- 12 weeks of interactive videos.
- 100's of online articles and healthy, delicious recipes.
- Use of our online gloji gym.
- Bonus digital goodies including a recipe book and journal.
- Live online events and Q&A sessions.

+

GROUP SUPPORT

- Join a local weight loss group with an expert health mentor.
- Share experiences for mutual weight loss support. Online group sessions available for those unable to attend in person.

OR

1-1 SUPPORT

- Personalised mentor calls for motivation.
- Tailored guidance to stay on track. Flexible timings, including evenings and weekends.

ONE YOU SURREY

MAN v FAT 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 didn't win the league? You still lose weight. Result!

LEAGUES IN SURREY

Woking

Mondays
7:30pm - 8:30pm

Guildford

Fridays
7:30pm - 9:30pm

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

ONE YOU SURREY

SLIMMING WORLD

One You Surrey can provide you with a 12 week voucher to attend Slimming World.*

*Subject to availability.



"My best moment was being able to fit into a pair of trousers that haven't fit me in a while. I like the Slimming World package as a whole! It provides support when and where needed. I really like the podcasts as it feels like another avenue of support, especially if you are having a wobble through the week. The groups are especially helpful to share positives and also struggles with each other so you know you are not alone."

Connie 33

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

ONE YOU SURREY



GET ACCESS TO GLOJI ONLINE GYM

When you sign up to any of our 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.

Gloji has been brilliant. The videos were direct and relatable and the information was delivered just right. I have a better understanding of myself and I managed to lose 6lbs so far, which I'd struggled with for years.

SOPHIE, 49

- 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.

LIFETIME ACCESS TO OUR ONLINE GYM IS AVAILABLE TO ANYONE WHO HAS JOINED ONE OF OUR WEIGHT LOSS OR STOP SMOKING PROGRAMMES.

ONE YOU SURREY



If you are interested in joining one of our programmes or would like further information, please visit our website or contact our friendly team. You can also ask your GP for a referral.

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