



MORE Life

FREE WEIGHT MANAGEMENT PROGRAMMES BY MORELIFE

Tried numerous diets and slimming clubs? It's time for a change! MoreLife takes a completely different approach to losing weight, helping you to understand and overcome your personal barriers to weight loss.

Based on our cutting-edge research, our FREE weight management programmes put people in control of their own weight loss journey.

We don't tell people what to do, instead, you will be guided and supported to understand how thoughts, emotions and feelings influence decisions.



BEDFORD
BOROUGH COUNCIL



WHO IS ELIGIBLE?

- Adults with a Body Mass Index (BMI) of 30+
- Adults with a BMI of 27.5+ if from South Asian populations, or diagnosed with any of the following: type 2 diabetes, hypertension, cardio vascular disease, osteoarthritis, dyslipidaemia, sleep apnoea, non-diabetic hyperglycaemia.
- Our programmes are suitable for pregnant women.

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*MoreLife is absolutely superb! I have loved it so much
because I have been treated as an individual.*

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- May, lost 2 stone

GET IN CONTACT FOR MORE INFO:

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 MoreLifeBedsMK

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