

HOW CAN I ORDER A COPY OF THE SHAPE-UP WORKBOOK?

You can order the workbook via our website or by completing the order form below.

If you would like to order copies for your clients, we can process bulk orders (£24 per workbook for orders of 10 or more). Please contact us directly to arrange this.

ORDER FORM

Please send me a copy of Shape-Up:

- at the full price, I enclose a cheque for £31.50
- I am a friend of Weight Concern, I enclose a cheque for £26.50 (1 copy only)

Friend's membership no: _____

Title: _____

First Name: _____

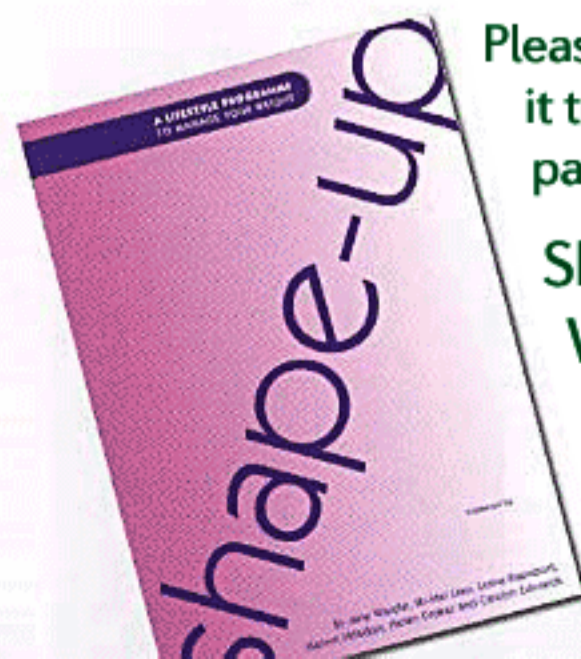
Surname: _____

Address: _____

_____ Postcode: _____

Daytime tel no: _____

E-mail address: _____



Please complete this form and send it together with a cheque made payable to Weight Concern to:

Shape-Up Orders
Weight Concern
Brook House
2-16 Torrington Place
London, WC1E 7HN

THE SHAPE-UP PERSONALISED REPORT

To accompany the workbook, we have developed a lifestyle questionnaire. The report produces an evaluation of an individual's current intake and activity levels and sets realistic goals for weight management.

The report directs the individual to focus on sections of Shape-Up which are likely to be most relevant and helpful. It is not necessary for your clients to complete the questionnaire in order to start Shape-Up.

The personalised report is available from our website at a cost of £4.50.

CONTACT US

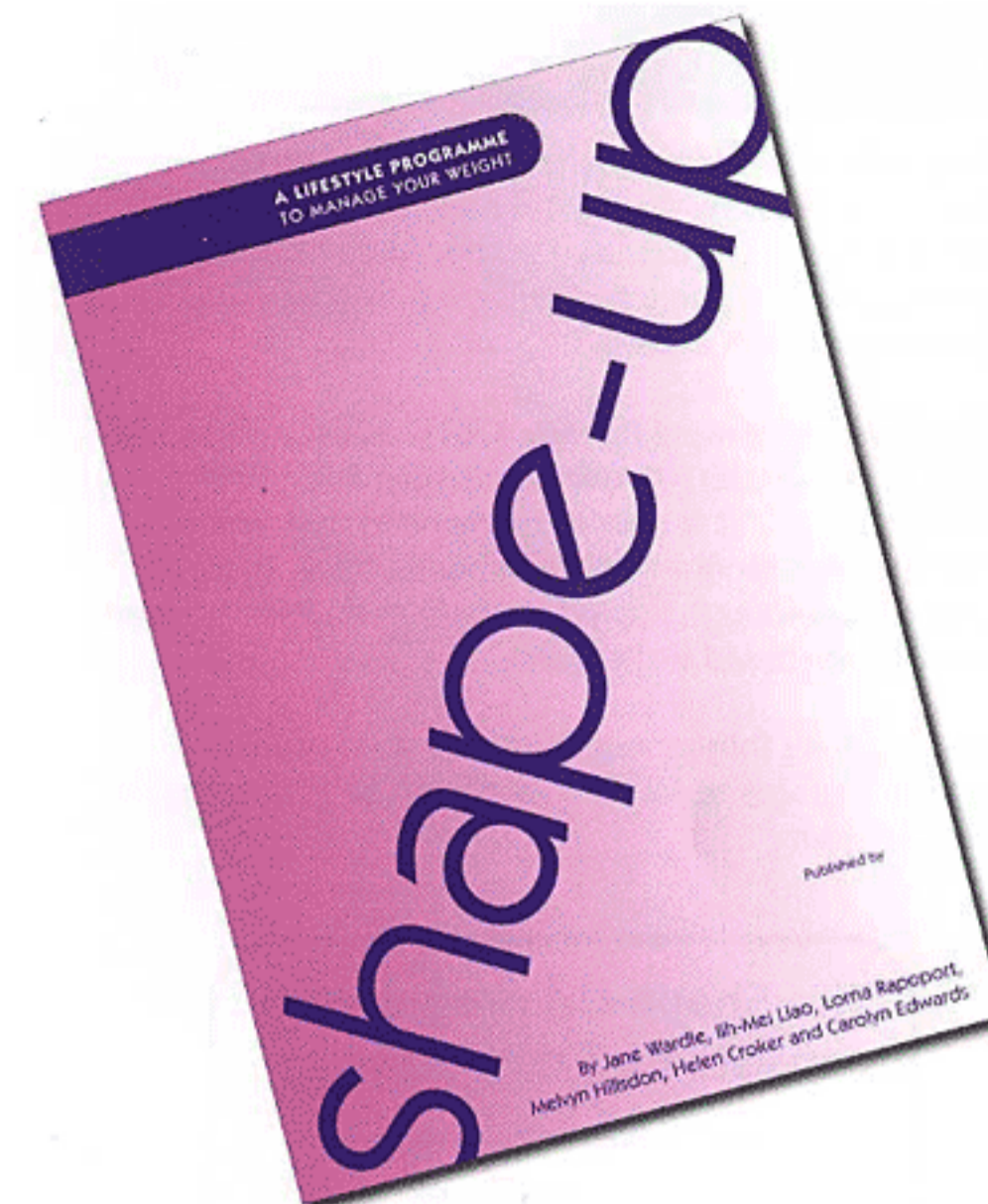
To find out more about Shape-Up and any of our training courses, please contact:

Weight Concern
Brook House
2-16 Torrington Place
London
WC1E 7HN

Tel: 020 7679 6636
(no helpline service available)
Fax: 020 7813 2848

Email: enquiries@weightconcern.org.uk
Website: www.weightconcern.org.uk

Registered Charity number 1059686, Company number 3268842



INFORMATION FOR HEALTH PROFESSIONALS

Shape-Up is an innovative lifestyle programme to help your clients to manage their weight, improve their health and enhance their quality of life.



THE SHAPE-UP APPROACH TO WEIGHT MANAGEMENT

Shape-Up is a cognitive behavioural approach to managing problems with eating and activity using a self-help format. It has been produced by health professionals including psychologists, dietitians and health promotion experts.

Cognitive behavioural therapy (CBT) has been shown to consistently produce better results than traditional treatments, and it is now recommended that weight management programmes incorporate these strategies. Shape-Up, although not yet formally evaluated, is based on evidence-based techniques.

The emphasis throughout Shape-Up is on making gradual changes to lifestyle which can be maintained in the long-term.

The Shape-Up programme consists of 7 modules

- 1 Getting ready to Shape-up
- 2 The Shape-up healthy eating plan
- 3 The Shape-up physical activity plan
- 4 Shopping, cooking and eating out
- 5 Gaining control of your eating
- 6 Feeling better about your body
- 7 Looking after yourself

HOW CAN SHAPE-UP HELP YOUR CLIENTS?

Shape-Up will teach your clients the skills to:

- limit further weight gain
- achieve realistic weight loss
- regularise eating patterns
- balance the types of food eaten
- reduce tendencies to overeat
- become more physically active
- reduce body dissatisfaction
- reduce stress and develop a more positive outlook on life

WHO CAN USE SHAPE-UP?

Shape-Up has been designed for adults who want to lose weight or avoid weight gains, it is not appropriate for those with a BMI under 20. It is not recommended for those with severe psychological problems, who may require more specialised interventions.

The programme is compatible with current dietary recommendations for managing hyperlipidaemia, hypertension, and diabetes. However, specific medical information is not included.

HOW CAN SHAPE-UP BE USED?

Shape-Up can be used as a self-help manual and clients can work through the modules by themselves. However, in our experience we have found that people benefit from additional support either in a group setting or one-to-one with a health professional.

SHAPE-UP GROUPS

Shape-Up groups offer individuals the opportunity to work through the programme with the support of others in the same position.

Shape-Up groups can be run by health professionals or volunteers. We have developed a practical guide to running Shape-Up groups to enable volunteers with no particular expertise in weight management to run groups.

We offer training courses for health professionals and volunteers on running Shape-Up groups. You can find out more about the training courses by visiting our website or by contacting us.

