

A close-up photograph of a person's midsection, showing a yellow measuring tape wrapped around their waist. The tape measure has black markings and numbers. The person's skin is light-toned, and their navel is visible. The background is dark and out of focus.

Is being **overweight** affecting your health?

We're here to help

For **FREE*** tailored support to help
you reach a healthier weight...

Call 0333 207 2201

Email weightmanagement@leics.gov.uk

Visit Leicestershirewms.co.uk

Visit the above website and calculate your BMI to see
if you should be concerned about your current weight

*Service eligibility: Rutland residents classed as 'overweight' (BMI of 25+)



Rutland
County Council

**Weight
Management**
Rutland