



## **News Release**

Tuesday December 15, 2009

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### **Make yourself a FAB New Year's resolution**

PEOPLE in Leicester are being encouraged to make healthier choices and become more active as part of their New Year's resolutions.

NHS Leicester City has joined forces with Leicester City Council to offer people in the city healthy eating and exercise sessions following the festive season. Some of the groups are free for city residents.

NHS Leicester City's Food and Activity Buddies project (FAB) in partnership with the Leicester Nutrition and Dietetics Service runs tailored lifestyle groups which offer people the opportunity to improve their health.

Joanne Atkinson, consultant in public health at NHS Leicester City, said: "We recommend people get 30 minutes of exercise five times a week to stay fit and healthy. Exercise helps to prevent health conditions such as heart disease, blood pressure and diabetes.

"FAB groups are full of like-minded people who want to understand how physical activity and healthy eating work hand in hand towards leading a healthier lifestyle. It's a chance to meet new friends whilst making small changes towards feeling fitter and happier."

Rob Melling, project co-ordinator at Food and Activity Buddies, said: “If you are female and want to lose weight, In2Shape is the best programme for you, if you are male and want to get fitter Calorie Killers is for you. We have groups to suit everyone whether you’re male or female, old or young. We even have a group where families can learn together and active sessions for the outdoors types.

“Local research has shown people are more successful at reaching their goals if they have the support of a nutritionist and group leader. There really isn’t a better time to make healthier choices and start 2010 feeling better. All FAB sessions start again on January 4.”

For more information on times and sessions please contact the FAB office on 0116 225 2826 or text 0778 538 5911. Alternatively visit any Leicester City Council leisure centre to pick up a leaflet.

-Ends-

**For interviews or more information please contact press officer Liz Mattock on 0116 295 4123 or [liz.mattock@leicestercity.nhs.uk](mailto:liz.mattock@leicestercity.nhs.uk)**

### **PHOTOCALL/MEDIA OPP**

**Where:** Braunstone Leisure Centre, Leicester, LE3

**When:** Thursday December 17 at 9.30am

**What:** An opportunity to take a photograph and talk to the In2Shape group taking part in healthy exercise with their trainer Leona Shepherd

**Contact on the day:** Please contact Liz Mattock, press officer at NHS Leicester City on 0116 295 4123 or 07826 858 435