



Living Well North Tyneside

Supporting Health and Wellbeing

Simply check your height and weight measurement and use the BMI calculator link below. If your reading is between 25 and 35 you could be eligible for the programme.

You can check your BMI [here](#) to see if you are eligible.

The programmes run from The Parks Sports Centre, North Shields and Hadrian Leisure Centre, Wallsend.



[healthy](#) | [weight](#) | [fat](#) | [overweight](#) | [weight](#) [loss](#) | [active](#) | [weightloss](#)

Body Benefits



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<https://www.activenorthtyneside.org.uk/body-benefits/>

