



National Obesity Awareness Week

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National Obesity Awareness Week is taking place between 8 and 14 January, is intended to raise awareness of obesity and the positive steps the public can take to live a healthier lifestyle. The organisers have called for the public to join in with a 'National New Year's Resolution' and pledge to make a small lifestyle change such as exercising more regularly or cooking from scratch more often.

"Obesity is one of the great public health issues of our time, and it is important that local communities come together to help each other to support their health and wellbeing..."

We want this week to be a landmark in the way the country deals with its health. There are simple and positive things that we can all do to help ourselves, and we hope the public will be inspired by events like these and will join our National New Year's Resolution."

More information

- [Help with weight loss](#) information on People First
- See what activities and sessions are available in the three boroughs to help with your [fitness and health on our events calendar](#)

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