



**New Year, New You -**  
Take control of your weight in 2026

# New Year, New You - Take control of your weight in 2026

A new year is a fresh chance to invest in long term health. At The Whitehall Clinic we believe learning to eat well, lose weight sustainably and manage weight effectively is one of the most valuable things anyone can do to support lifelong wellbeing.

Our WeightWise programme has now supported more than 1000 patients, with over 200 currently active in their journey. Many patients have transformed their health and confidence, including weight loss of up to 50 kilos (over 7 stone).

## Why WeightWise Works

This is a medically supervised programme designed to help people succeed even if they have struggled before. Our team assesses medical and social history, current lifestyle and individual risk factors, then creates a personalised plan including medication such as Mounjaro or Wegovy where suitable.

## Why Choose The Whitehall Clinic



### Support whenever needed

Weight management requires a team. Our doctors and expert practitioners are available throughout your journey.



### Care centred around you

We build ongoing relationships, not one-off appointments. You have direct access to our team for guidance and support.



### Clear and transparent fees

Costs are outlined up front with no surprises or hidden charges.

## Journeys From 2025



age  
**52**

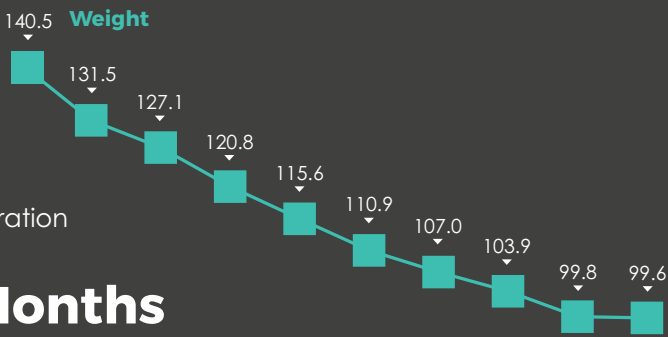
**Healthier and Happier**



weight loss  
**36 Kilos/  
(5.7 Stone)**



duration  
**8 Months**



age  
**49**

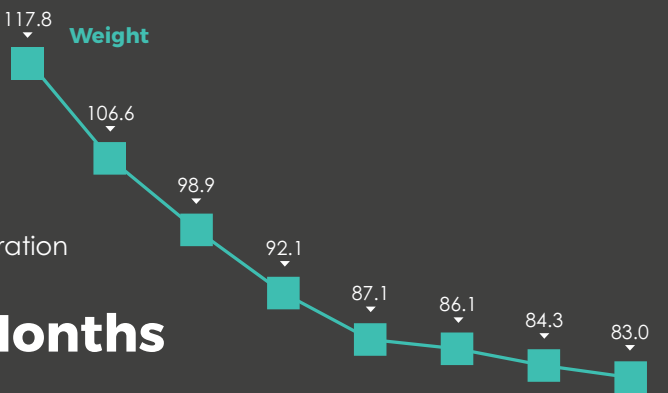
**One life-changing result**



weight loss  
**34.8 Kilos/  
(5.5 Stone)**



duration  
**7 Months**



age  
**54**

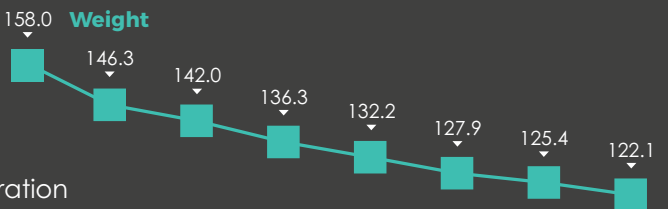
**6-month transformation**



weight loss  
**35.9 Kilos/  
(5.6 Stone)**



duration  
**6 Months**





age  
**32**

**Every step  
supported**



weight loss

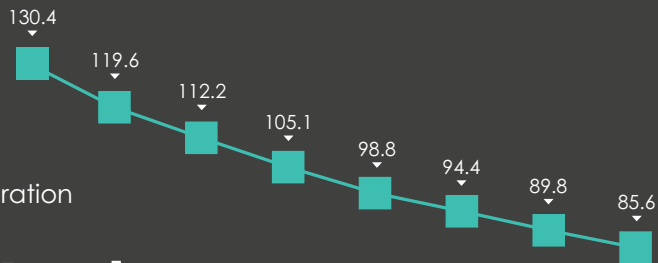
**44.8 Kilos/  
(7 Stone)**



duration

**7  
Months**

**Weight**




## Getting Started



Anyone joining WeightWise before the end of January will receive a **complimentary cholesterol profile** added to the baseline health screen. To book your assessment or find out more, email us or call **0113 833 4900** and our team will be happy to assist.

Warm regards,  
**The Whitehall Clinic**



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### Social

