

# Let's Get Healthy

A FREE service supporting you to make healthy lifestyle choices



Speak to one of our Wellness Coaches by calling  
**01384 732402 / 0800 061 4962**

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Helping you to make healthy lifestyle choices

## Wellness Coaching

Our Wellness Coaches offer one-to-one support and advice to help you lead a healthier lifestyle and achieve your goal. From stop smoking, losing weight, eating more healthily to drinking sensibly or being more active - talking to a Wellness Coach could be just the thing to get you started.

## NHS Health Check

As you get older, you have a higher risk of developing conditions like high blood pressure, heart disease, type 2 diabetes and dementia. A free NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer. If you're aged 40 to 74, and have not been diagnosed with a medical condition, you may be eligible for a free NHS Health Check.

## Stop Smoking Support

You are far more likely to quit successfully with help and support from a trained advisor. Offering expert advice, support and encouragement our advisors will help you stop smoking for good. They'll also be able to tell you about nicotine replacement products and other stop smoking medicines that can help.

## Cook 4 Life

Are you looking for quick, easy ideas to help your family eat well on a budget? Our Cook 4 Life programme will provide you with practical cooking skills and improve your knowledge of healthy eating. You'll also have fun cooking cheap, tasty and easy dishes, which you can sample and take home.

## Shape Up 4 Life

Do you want to lose weight and keep it off long-term? Our Shape Up 4 Life classes will help you manage your weight through balanced nutrition and simple exercises. Through group support, you'll receive advice and encouragement to make healthy lifestyle choices, together with light physical activity with a qualified instructor.

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