

Getting you on track to a healthier life



A Health Trainer will work with you one to one to help you make healthy changes to your lifestyle, such as improving eating habits or getting more active.

What support will I get?

- 6 x 1:1 sessions spread over a period of time to suit you. You could meet weekly or monthly.
- 60 minute initial assessment
- 30 minute sessions thereafter



It's all
FREE!

For more information
text: **HEALTHYU** to **60777** or
call: **0333 005 0093**, or visit
www.healthyyou.org.uk