

You're ready to make a change.

Many health problems we experience, such as high blood pressure, obesity and even anxiety are down to our lifestyle.

Making a change

Things like smoking, drinking too much and eating poorly all contribute to poor wellbeing.

A lack of exercise, for example, can result in depression and a host of related problems.

Long term conditions can bring other problems, resulting in repeat surgery visits that take up your time and that of your practitioner.

Health and lifestyle

Local surgeries can help with advice and medication. But if your problem is lifestyle-related, medication probably won't make the problem go away.

If you're thinking of quitting smoking, eating healthier or getting out more, the South Central Health Trainer service can help.

We're ready to help.

You can now get the support you need to live a healthier lifestyle, through the South Central Health Trainer Service.

What does a health trainer do?

Work out an exercise routine, get great ideas for shopping healthy, or even help to quit smoking – Health Trainers are there to make living healthy easy.

Fully trained to deal with everything from nutrition to high blood pressure, a Health Trainer will meet with you regularly to keep you motivated and answer any questions.

How do I book an appointment?

A Health Trainer will arrange a meeting with you, and cover the areas where you want to improve.

You can ask your GP to recommend you to a Health Trainer, or call the service yourself, using the details on the back of this leaflet.

**"HAVING THE SUPPORT OF A HEALTH TRAINER GAVE ME THE CONFIDENCE TO MAKE A CHANGE."
JEAN SMITH**

51% of patients have successfully achieved their behavioural goals during 2010/11 with a further **41%** on their way to fully achieving their goals

JEAN'S STORY

Jean, a retired receptionist, wanted to give up smoking and lose weight. She'd tried on her own but had trouble sleeping.

The doctor recommended Nicotine Replacement Therapy and referred Jean to her local Health Trainer.

"I thought they were going to take me to the running track or something" Jean recalls.

"But we chatted about how I could feel better and she made some suggestions."

Jean worked with the HT to create a eating and exercise plan she could follow at home and met with her regularly.

"Having support gave me the confidence to make a change" says Jean.

"She really motivated me to keep off the ciggies – I couldn't have done it without her."



We help you
buy fresh.



*fit*ogether

Contact your Health Trainer

You can find out where your local
NHS Health Trainer is based and
request a call back at:

em.rahman@ports.nhs.uk

*fit*ogether

*Your doctor sets
the healthy weight.*

