



NHS health trainers

Here to help you make
the right choice

NHS health trainers
Health Improvement Service
Epsom Drive
Jubilee Industrial Estate
Ashington
NE63 8BD

Tel: 01670 784198 / 784197





Are you over 16 and living in Northumberland?

Would you like to live a healthier lifestyle?

If so, the Northumberland health trainer service is here to help you make realistic lifestyle changes which can be tailored to your needs. Health trainers will support you around the issues that you feel are important, which might include:

- Healthy food choices
- Stopping smoking
- Drinking less alcohol
- Increasing physical activity in your life
- Weight management

Small changes can make a BIG difference

Health trainer sessions will involve **free** and **confidential** joint discussions which may last for up to an hour. A personal health plan will be developed with you over a period of 6-12 sessions to achieve and maintain your goals.

Health trainers know your local community and can refer you onto other NHS services, including counsellors and fitness coaches if appropriate for your needs.

Health trainers are friendly and approachable and will meet you at a venue in your local community

Health trainers can also:

- Undertake group work to promote healthy lifestyles
- Provide information on local activities, groups and services to help you achieve your goals

If you think a health trainer could help you on your journey to a healthier lifestyle ring us on:

01670 784198 or 01670 784197

