

Do you want to **Feel Happier and Healthier?**

Right now, you might want to feel both better physically and emotionally but find it hard to put in place those healthy habits that will make the biggest difference. We can help.

We are a team of expert local Health trainers, qualified at providing you with personalised individual support and advice to help motivate you to make and keep those healthy habits that will change your life for the better.



Who can apply?

Our service is completely **FREE**, personal and confidential. It is available for anyone living in York over 16 years of age who want support with making positive lifestyle changes.

Get Started



To get started, you will have an initial assessment with your health trainer who will then work with you to develop your own personal health plan. As part of this plan we will arrange regular appointments and content to keep you motivated and review your progress to help keep you on track.

Book your first appointment today

We offer all of our appointments either over the phone, virtually or face-to-face (restrictions allowing) to fit around you. To book your first appointment, call or email our Health Trainer team today or visit our website for more information.



Get in touch today

Call: 01904 553377

Email: cychhealthtrainers@york.gov.uk

york.gov.uk/CYCHHealthTrainers

CYC Health Trainers



Feel Healthier



Healthy eating advice and weight management

FREE stop smoking support

Set goals to be more active



york.gov.uk/CYCHHealthTrainers

Feel Healthier

Healthy eating advice and weight management

Get advice and support around losing, gaining or maintaining a healthy weight. We will cover a number of topics to help you achieve your weight goals including:

- ★ Understanding the effect weight has on your general health.
- ★ Healthy eating advice.
- ★ Links to local weight management groups near you.

Find new ways to be more active

We provide information and support to help you achieve your fitness and activity goals by:

- ★ Sharing information on the effect physical activity has on your general health.
- ★ We will link you with a whole range of local activities and clubs to get involved with.
- ★ Working with you to create an activity plan to increase your physical activity day to day.



Quit Smoking and Feel Better

FREE quit smoking advice, weekly support sessions and FREE stop smoking products

As a team we will work with you to help you quit smoking for good by offering:

- ★ Weekly stop smoking support sessions.
- ★ Providing clear guidance around the habit, addiction and the social and emotional effects of smoking.
- ★ 4 weeks FREE Nicotine Replacement Therapy (NRT).
- ★ 12 weeks subsidised stop smoking medication through referral to local pharmacies.

Stop Smoking Support During Pregnancy

If you are pregnant and looking to stop smoking we also offer FREE quit smoking advice, stop smoking products and financial incentives to help you and your baby. We will work with you to help you quit smoking during pregnancy and beyond through:

- ★ Weekly stop smoking support sessions.
- ★ Guidance around the habit, addiction and the social and emotional effects of smoking.
- ★ 12 weeks free Nicotine Replacement Therapy (NRT).
- ★ Up to £170 financial incentive scheme for pregnant women who stay quit up to 3 months post-natal.

Feel Good

Reduce your alcohol intake

Get advice and support on reducing your alcohol intake and learn how this may be affecting your general health. During our sessions we will:

- ★ Provide information and guidance around safe levels of drinking.
- ★ Help you to understand the effects alcohol has on your health.
- ★ Provide personal support to stop or lower your levels of drinking.
- ★ Link you with other services for specialist support.

Support in the community

We can help you to find groups and activities to help you get back out in the community.

- ★ We provide information and links to groups, clubs and activities throughout York.
- ★ We also work closely with the City of York Council's Local Area Teams to provide additional support where required.

