

CYC Health Trainers

Learn what works to reach and keep a healthy weight

FREE nicotine replacement products or e-cigarettes and stop smoking support



Feel Good

Help to reduce your alcohol intake

Find new ways to be active

Personal, confidential advice



**We are your local Health Trainers, a team of qualified and skilled staff who are here to help you feel good about yourself. Right now, so many of us want to feel better both physically and mentally but find it hard to put in place healthy habits that support a healthy lifestyle. We provide personalised individual support and advice to help motivate you to make healthy lifestyle changes.**



We work with you to help you reach your personal health goals including:

- ★ Learning what works for losing, gaining or maintaining a healthy weight.
- ★ Finding new ways to be more active.
- ★ Supporting you to give up smoking with 10 weeks FREE Nicotine Replacement Therapy (NRT) and/or e-cigarettes.
- ★ Helping to reduce your alcohol intake and learning how this affects your health.
- ★ Helping you find groups and activities to get back out in the community.

[www.york.gov.uk/CYHealthTrainers](http://www.york.gov.uk/CYHealthTrainers)

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.

**Choose to have your appointments either over the phone, virtually or in person.**

Our service is completely **FREE**, personal and confidential. It is available for people over 16 years of age who want support with making positive lifestyle changes (12 years for stop smoking support).

**Book your first appointment today.**

**Call:** 01904 553377

**Email:** [cyclehealthtrainers@york.gov.uk](mailto:cyclehealthtrainers@york.gov.uk)

