## 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 losing weight 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

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



Healthy You

It's all

FREE

Funded by Cambridgeshire County Council and Peterborough City Counc