



Health Trainers

small steps, big difference

What is a Health Trainer?

Often we have the best of intentions to make our lifestyles healthier but sometimes other things get in the way.

What we really need is that bit of motivation and some practical ideas to help us achieve a healthier lifestyle.

Do you want to improve your health but not sure how to go about it?

A health trainer could be the answer

Health trainers are local people who have been trained to have the skills to help you make a real difference to your health. They have knowledge and experience of living in your community and understand how difficult it can be to make healthy choices.



What do we do?

Your own health trainer can provide free help and information

- Help you to overcome barriers to becoming a healthy weight
- Give one to one support
- Meet with you individually, or visit groups of people in community settings
- Help you find out more about health issues
- Go with you to a service, new group or activity
- Signpost you to other organisations that may be able to help you



We can help you with:

- Improving your mental wellbeing
- Healthy eating and weight watching
- Becoming more physically active
- Stopping smoking
- Sensible drinking
- Improving your sexual health



The Health Trainer service is a **free** and confidential service.

If you or someone you know would benefit from working with a health trainer, please ring:

East Sussex Health Trainer Service
0800 917 8896

Hastings and Rother
01424 858255

East Sussex Downs and Weald
01323 723966