

Why should I consider making healthy changes to my lifestyle?

- Lose weight
- Reduce the risk of heart disease, osteoporosis, diabetes and other long term conditions
- Improve mobility
- Improve overall fitness
- Feel more energetic
- Improve mental wellbeing
- Increase confidence and self esteem
- Gain a greater understanding of healthy eating
- Improve overall health

Health Trainers are not:

- Physical activity instructors
- Here to tell you what to do
- Here to judge you

For more information please contact:

The Sunderland Health
Trainer Programme

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NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118
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Sunderland Health Trainer programme



A guide for you

What is a Health Trainer?

A Health Trainer is a fully trained person who lives and works in the local community. They have a local knowledge of people, groups and services.



What can a Health Trainer do for you?

Health Trainers can offer one-to-one support in lifestyle changes that will improve your health, such as:-

- Stop Smoking
- Diet and Nutrition
- Losing Weight
- Increasing fitness
- Helping with general wellbeing
- Helping you to access other services

The Health Trainer Team will be working with you to plan and develop an initial 12 week personal programme, designed specifically to meet your individual health needs.

We will work with you to ensure your programme is:

- Realistic
- Achievable
- Designed to fit in with your current lifestyle



What else can the Health Trainer Programme do?

The team also supports a variety of community-based projects and activities

- Health campaigns like No Smoking Day
- Health education sessions and talks for groups
- Healthy walks
- Supporting events in the community
- Running and supporting self help groups
- Stop smoking groups

Who can use this service and how much does it cost?

The Health Trainer Programme is provided free by the NHS to people over sixteen years of age. The team also works with partner agencies across the city to ensure the programme targets the people who may benefit from this kind of support.