

# NHS Health Trainers

HERE TO HELP YOU MAKE  
THE *RIGHT* CHOICE



## Here are 10 Things a Health Trainer can do for you:

- Talk to you confidentially about your lifestyle and any concerns you have.
- Improve your general well-being by helping you to identify ways of improving your lifestyle.
- Help you to plan and to carry out those changes.
- Provide literature and give information on:
  - eating a healthy, balanced diet.
  - getting more exercise.
  - giving up smoking.
  - controlling your alcohol intake.
- Introduce you to an exercise class or activity.
- Offer encouragement and support to maintain your new healthier lifestyle.
- Measure your height and weight.
- Take your blood pressure and carbon monoxide readings.
- Attend groups and provide information on healthy eating, weight management, making nutritional meals and snacks.
- Signpost you to other services.



## Northumberland NHS Health Trainers do **NOT**:

- Deliver counselling.
- Diagnose or treat medical conditions.
- Deliver physical activity or therapy sessions.
- Work with people who are aggressive, drunk or display attitude or behaviour that could put them at risk.
- Home visits.

Health Trainers are active throughout South East Northumberland and can be seen at various venues in Ashington, Amble, Bedlington, Blyth and Seaton Valley, Choppington, Cramlington, Lynemouth, Newbiggin, Pegswood, Widdrington and Hadston.

**CALL US NOW ON 01670 784198 or 01670 784197**