

Health Trainers

Support and guidance to
make lifestyle changes

www.n-somerset.gov.uk/healthtrainers

 NSHealthTrainer

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Supporting you to change



What do we do?

Health Trainers are trained to support you to make healthy lifestyle choices and can support you to:

- become more active
- cut down on alcohol
- eat healthily
- lose weight
- stop smoking

How do we help you?

We provide a free service for up to 12 weeks, giving you a helping hand and pointing you in the right direction to help you succeed in achieving your lifestyle goals.

We see you on a one-to-one basis, giving you the information and support you need to make a healthy lifestyle change. We have been trained to understand and help you overcome any barriers and work with you to develop an individual action plan.

We are here to support and motivate you to success.



Who can see us?

Anyone aged 18 and over who is resident in Weston-super-Mare.

What is a healthy lifestyle?

Having a healthy lifestyle involves many aspects and your Health Trainer will work with you to help you understand more about how you could become healthier.

There is however, national guidance on what is considered healthy so we have provided some basic information for you to think about.



Physical activity

Being active is an important part of being healthy, but it can be difficult to know where to start.

To stay healthy it is recommended that adults should have:

- 30 minutes of moderate-intensity aerobic activity, five times a week. The 30 minutes can be broken down into three sessions of 10 minutes which can be more achievable.

Also recommended are muscle strengthening activities (which make your muscles work harder than normal) on two days or more a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

This could include:

- climbing hills (or stairs)
- cycling
- heavy gardening (such as digging with a shovel)
- football
- rugby
- running (jogging)
- swimming
- walking
- yoga



We can help you work out how much activity you are currently doing in a week and can help you to think about ways of becoming more active.

If you have a low level of physical activity, we may be able to help you access sports and leisure activities through a voucher scheme. If you have a medical condition, we advise you seek guidance from your doctor before increasing or changing your level of exercise.



Alcohol

Guidance currently recommends that:

- men do not regularly consume more than 3-4 units per day
- women do not regularly consume more than 1-2 units per day

Pregnant women are advised to avoid alcohol.

What is a unit?

Alcohol units can vary according to the alcohol strength. This can lead people to underestimating what they are drinking.

Alcohol can add significantly to your daily calorie intake which may be important if you want to lose weight. Reducing your alcohol levels, can help you lead a more healthier life.

We can help you understand how the unit system works, what constitutes a unit and how you can cut down.



Healthy eating

The eatwell plate shows the different types of food we need to eat, and in what proportions, to have a well balanced and healthy diet.

Based on the eatwell plate, you should try to eat:

- Plenty of fruit and vegetables. Did you know that you should be eating at least five portions of a variety of fruit and vegetables every day?
- Plenty of potatoes, bread, rice, pasta and other starchy foods. Choose wholegrain varieties whenever you can.
- Some milk and dairy foods.
- Some meat, fish, eggs, beans and other non-dairy sources of protein.
- Just a small amount of foods and drinks high in fat and/or sugar.
- Foods that are low in salt and sugar as these can be hidden away in foods, particularly in processed foods.



We understand how difficult it can be to make sense of national guidance and will give you practical help and support on how to eat healthy foods and will explain about portions sizes. We can also give you some healthy recipes for you to try at home.

Smoking

If you smoke, the single best thing you can do for your health is to stop because the minute you stop the benefits begin. By stopping, you can improve your health and enjoy a longer, healthier life.

The quitting timeline

- After 20 minutes your blood pressure and pulse return to normal.
- After 24 hours your lungs start to clear.
- After two days your body is nicotine-free and your sense of taste and smell improve.
- After three days you can breathe more easily, and your energy increases.
- After two to 12 weeks your circulation improves.
- After three to nine months coughs, wheezing and breathing improves.
- After one year your heart attack risk is half that of a smoker.
- After 10 years your lung cancer risk is half that of a smoker.



There are a range of treatment and support available to you if you are interested in stopping smoking – you do not need to do it alone. You are more likely to succeed if you use some form of treatment (such as nicotine replacement therapy or champix) in combination with support.

We can support you to stop smoking and can help you decide which treatment(s) would be suitable for you. We will also help and motivate you to overcome any barriers you may face.

As trained Stop Smoking Advisors we issue vouchers for your treatment choice which you can take to your local pharmacy (normal prescription charges apply where relevant).



What happens when I see a Health Trainer?

Session 1

We will work with you to understand which lifestyle issues you wish to address. The aim of this first session is to work together to identify specific goals that you want to achieve. You decide what you want to change and we will support you to make these changes.

Approximate time: 45-60 minutes

Session 2

Having set one or two specific goals in your first session, we will discuss your progress and talk to you about how you enjoyed making changes to your lifestyle. It can be helpful to discuss any difficulties that arose as these can be learning opportunities for you.

We are here to support and guide you, so sharing your experience honestly can be really useful. We will look to build on your progress by working with you to set further goals.

Approximate time: 20-30mins



Sessions 3-11 (*)

Additional sessions will follow a similar pattern. As you make more changes you may become more confident in the goals you set.

However, it is important to stay in regular contact. If you have a set back or feel you are not achieving the goals you want, please get in touch as we may be able to offer some useful help and advice to help you move forward.

Approximate time: 15-20mins

Session 12 (*)

This would be your last session with us and we will look back at all of the changes you have made and celebrate your success with you!

Approximate time: 20-30 mins

(*) Everyone who sees us will receive a personalised service, we are here to help you achieve your lifestyle changes. You do not need to attend all 12 sessions if you achieve your goals before this time.

The maximum amount of time you can access the service is 12 weeks. This is to make sure we can support as many people as possible. During the 12 weeks, we will be motivating, supporting and empowering you to make changes now and to sustain them in the future.

Change your lifestyle

It's easy, if you want to make a lifestyle change just get in touch. Come and see us at North Somerset Council, Town Hall or the For all Healthy Living Centre.

For All Healthy Living Centre

68 Lonsdale Avenue, Weston-super-Mare BS23 3SJ

North Somerset Council

Town Hall, Weston-super-Mare BS23 1UJ

To check drop-in times at the Town Hall, For All Healthy Living Centre and other Weston locations visit our website www.n-somerset.gov.uk/healthtrainers

If you would like to book an appointment call us on **01934 427 661** or email health.trainers@n-somerset.gov.uk

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