

**INDIVIDUAL TRAINING**

**AGEING WELL HEALTH TRAINER**

The health trainer works 1:1 with people on an individual basis and helps them to make realistic lifestyle changes to improve their health and wellbeing, by supporting the person around issues that they feel are important. This might include:

* Healthy food choices
* Stopping smoking
* Drinking less alcohol
* Increasing physical activity
* Weight management

Small changes can make a BIG difference.

Health trainer sessions involve free and confidential discussions which may last for up to an hour. A personal health plan is developed in order to support an individual to set, achieve and maintain personal goals over a period of 6-12 sessions.

Health trainers can also signpost people to other NHS services, including counsellors and fitness coaches, if appropriate to the individual’s needs.

In addition, there are other health trainers available who may be called upon to provide specialist advice.

Health trainers can also:

* Undertake group work to promote healthy lifestyles.
* Provide information on local activities, groups and services to help people achieve their goals.
* Provide support at events and roadshows.

**Want to know more?**

For more information please contact Kay Yeo, Health Improvement Practitioner Specialist on **01670 629000** or email [kay.yeo@ncht.nhs.uk](mailto:kay.yeo@ncht.nhs.uk)