



Northumberland  
County Council

# Health Trainer Service

FREE AND  
CONFIDENTIAL

## Are you 16 or over and living in Northumberland?

The health trainer service is here to help you make realistic lifestyle changes that are tailored to your needs

Health trainers provide personal one to one support with:



Health trainer sessions involve creating a free personal health plan which will be developed over 6-12 sessions to achieve and maintain your goals.

If you think a health trainer could help you on your journey to a healthier lifestyle, contact us on: 01670 623 840 or email [healthtrainers@northumberland.gov.uk](mailto:healthtrainers@northumberland.gov.uk)