Why should I consider making healthy changes?

- Lose weight
- Reduce the risk or help to manage heart disease, osteoporosis, diabetes and other long term conditions
- Improve mobility
- Improve breathing and overall fitness
- To feel more energetic
- Improve mental wellbeing
- Increase confidence and self esteem
- Gain a greater understanding of healthy eating

How to access the Health and Lifestyle Programme:

Discuss with your GP or practice nurse who can refer you onto the programme.

For more information please contact

The Health and Lifestyle Programme, Monkton Hall, Bedewell, Monkton Lane Jarrow, NE32 5NN

Tel: 0191 283 1156  
Fax: 0191 283 1491

NHS South of Tyne and Wear 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 Email: mopil@sotw.nhs.uk

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Working together to make South of Tyne and Wear HEALTHY FOR YOU
Your Health and Lifestyle Advisor Team
Based in your local community for your convenience and accessibility, each Health and Lifestyle Advisor is dedicated to encourage lifestyle changes and help you lose weight – for good.

Tackling your weight – The challenges of weight loss
If you have been overweight for a long time, this is probably not the first time you have tried to lose weight. Some of your attempts may have worked at first but sometimes these changes are too hard to maintain. We are here to help

Your Health and Lifestyle Advisor will contact you to arrange an appointment at a centre in your local area. Your first appointment will last no longer than one hour. Your Health and Lifestyle Advisor will work with you to plan and develop a 12 week personal programme, designed specifically to meet your individual health needs. They will work with you to ensure your programme is:

• Realistic
• Achievable
• Designed to fit in with your current lifestyle
• Completely confidential on a one to one basis
• Free of charge

You can bring along a friend or partner for support if you wish.

Your programme could include:
• Increasing physical activity
• Improving diet with a healthy eating programme
• Regular contact with your Health and Lifestyle Advisor to support and monitor your progress
• Regular health checks to include height, weight, body mass index, waist measurement and blood pressure
• Signposting to other health related services and into a 6 week weight management course