

Contact us

If you think seeing a health trainer could help you to live a healthier lifestyle, contact the service on: **01842 757341**

If you would like more information about the Health Trainer Service please contact:

Sarah Lynam

Health Trainer Co-ordinator

Telephone: 01842 757341

Email: sarah.lynam@norfolk-pct.nhs.uk

Health Trainers are based at:

NHS Norfolk
The Limes
32 Bridge Street
Thetford
Norfolk
IP24 3AG



If you would like this leaflet in large print, audio, Braille, alternative format or in a different language please contact our office on 01842 757341 and we will do our best to help.

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Thetford Health Trainer Service



Are you ready for change?

Do you want to

- Do more exercise?
- Make healthy food choices?
- Stop smoking?
- Drink less alcohol?
- Improve your general health and wellbeing?

If you would like to achieve one or more of these goals, then the **free** and **confidential** Health Trainer Service is for you.

What can Health Trainers do for you?

You will receive:

- An initial health assessment
- Time and support
- A personal health plan
- Help to set achievable health goals
- Regular reviews
- Signposting to other services

A Health Trainer will meet with you in a time and place to suit you, up to six times over six months on a one to one basis.

Health Trainers are not...

- Clinically trained
- Counsellors
- Fitness coaches

But, they do have the time and training to help and support you make healthier lifestyle changes now.

Who can use the Health Trainer Service?

- Anyone over the age of 16
- Anyone living in Thetford

Achieving your health goal can help you...

Live longer

Feel and look better

Have more energy

Reduce the risk of disease

Reduce stress and anxiety

What else can the Health Trainer Service provide?

- Free Support
- Presentations
- Interactive Workshops

We are also happy to work with...

- Community Groups
- Businesses
- Schools



Ready for change...