

Ready to make a change?

Name

Address

Postcode

Telephone Number

Email

Your aims: (Please tick)

- Increasing physical activity
- Eating well
- Quitting Smoking
- Drinking Less
- Improving your general wellbeing

Other (please specify)

Please return to: Healthy Lifestyles Team,
Brighton & Hove City Council, Bartholomew House,
Bartholomew Square, Brighton BN1 1JE

Talk to us...

@ Email us at healthylifestyles@brighton-hove.gov.uk

☎ Call us on 01273 294589

🖥 Visit our website at
www.brighton-hove.gov.uk/healthylifestyles

or fill out this form and return

"It's been useful to get time to discuss my problems with food with someone who is very understanding and non-judgemental"



Your
healthy
lifestyle

Healthy Lifestyles Team



Your **one stop-shop** for support to lead a healthy lifestyle in Brighton & Hove



Take steps towards a happier healthier you

The Healthy Lifestyles team offer a wide range of free or subsidised healthy lifestyle programmes and advice.

Focussing on things that are important to you, we offer tailored support to help you or your family improve your health and wellbeing by:

-  **Moving more and increasing physical activity**
-  **Eating well**
-  **Stopping smoking**
-  **Drinking less alcohol**
-  **Improving your general wellbeing**

Making small changes now can improve your health right away and double your chances of staying healthy as you get older. It's never too late to start.

"Healthwalks have transformed my wellbeing and my outlook on life I don't know of a better way to quickly become healthier and more positive"

Are you ready to make a change?

"What a fantastic service – extremely helpful and enabling"



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Free one to one support

- One to one support and motivation (adults 18+)
- One to one Health Trainer support to make your change
- One to one smoking cessation support
- Health checks in the community

Free low cost activities

- Free & low cost activities (all ages and abilities)
- Healthwalks
- Dance & exercise sessions - Ping, Pilates, Zumba and Tai Chi
- Sport and physical activity sessions
- Family activities

Information and advice

- Information & advice
- Local events
- Courses and learning opportunities
- Access other local support services
- Volunteering alongside our team

We're committed to supporting everyone in the city who would like to make changes to their lifestyles. Please contact us to discuss any disabilities or barriers that you may face in accessing health lifestyle services and to find out more about what we can offer.