

Are you **looking after someone** and want to **get healthier?**



Our Carer Health Trainer service has both personal and professional experience in caring and is aware that keeping yourself healthy can be difficult whilst caring for someone.



Caring can be very rewarding but we understand it may have a detrimental impact on your own health.

Our Carer Health Trainers have a wealth of training and expertise to guide and support you to lead a healthier life.

Our service is FREE. Find out more overleaf...

Our **FREE** 1:1 Health Trainer service for **Carers** can help you...

How will a Carer Health Trainer help?

You will be assigned your own Carer Health Trainer who will help you to set realistic, health related goals. They will offer support and understanding every step of the way. Your Health Trainer will work with you to find out what changes you could make and, with 6 sessions of healthy lifestyle support, they can help you with many elements of your health such as;

- Healthy eating
- Losing weight
- Increasing physical activity
- Reducing stress

If you would like to improve your health and wellbeing, and make changes that could make a real impact to your daily lifestyle, however big or small, contact us now. With 1-2-1 support there will be no looking back.

Who can get healthy with us?

Any adult family carers who are looking after someone with long term illness or dementia who lives in, or is registered with a GP in, the South, East or City of Cambridgeshire who wants to make a healthy lifestyle change.



For more information on our range of **FREE Services**

text: HEALTHYU to 60777 or call: 0333 005 0093

Email: healthyou@healthyou.org.uk or

visit www.healthyou.org.uk



@HealthyYouCP



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Healthy You