

CYC Health Trainers

Healthy  
eating advice  
and weight  
management

Set goals to  
be more  
active



Feel  
Healthier

FREE personal  
confidential  
advice and support

Help to reduce your  
alcohol intake and  
learn how this affects  
your health

**We are your local Health Trainers, a team of qualified and skilled staff who are here to help you feel happier and healthier. Right now, so many of us want to feel better both physically and mentally but find it hard to put in place healthy habits that support a healthy lifestyle. We provide personalised individual support and advice to help motivate you to make healthy lifestyle changes.**



We work with you to help you reach your personal health goals including:

- ★ Healthy eating advice and weight management.
- ★ Finding new ways to be more active.
- ★ Quitting smoking.
- ★ Reducing your alcohol intake.
- ★ Helping you find groups and activities to get back out in the community.

[www.york.gov.uk/CYHealthTrainers](http://www.york.gov.uk/CYHealthTrainers)

We offer all of our appointments either over the phone, virtually or face-to-face (restrictions allowing) to fit around you. To book your first appointment, call or email our Health Trainer team today or visit our website for more information.

**Choose to have your appointments either over the phone, virtually or in person.**

Our service is completely **FREE**, personal and confidential. It is available for people over 16 years of age who want support with making positive lifestyle changes.

**Book your first appointment today.**

**Call:** 01904 553377

**Email:** [cyhealthtrainers@york.gov.uk](mailto:cyhealthtrainers@york.gov.uk)

