



## How often can I see my Health Trainer?

You can have four hours with a Health Trainer for free. These can be split into one hour sessions, half hour sessions or a mix of sessions and phone calls. The format will be agreed between you and your health trainer.

## Your first meeting

During the first meeting with your Health Trainer, you will be able to talk about the kind of support you're looking for. Meetings are held at the most convenient location for you. This might be the Health Promotion Unit, a café, your workplace or, after the first meeting, at your home.

Together, you'll agree on a number of personal health goals and how best to achieve them. Everything that is discussed will be treated in the strictest confidence.



## How can I meet a Health Trainer?

Call the Health Promotion Unit on 707311 for information and to arrange an appointment.

This is a free service for all Bailiwick residents. All we ask is you are prepared to make changes and are ready to get started!

## To meet a Health Trainer:

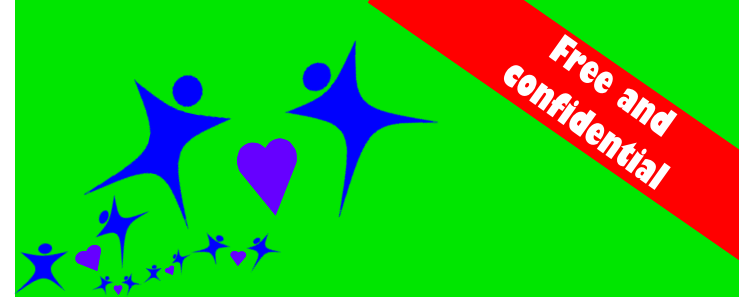
why not give us a call and find out more.

**Call today on 707311**



States of Guernsey  
Public Health Services

October 2016



# Guernsey Health Trainers

We're here to get you started



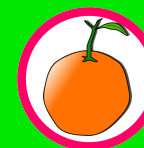
Do you want to improve your health?

Not sure how to go about it?

Health Trainers will help you set your goals and then support you to achieve them



Be active



Eat Healthier



Drink sensibly



Stop smoking










Feel happier

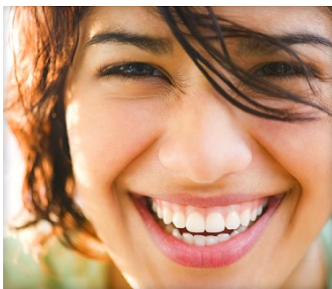


Gain confidence

# Guernsey Health Trainers





## What can a Health Trainer do for you?

-  Help you to eat more healthily
-  Help you to get more active
-  Help you to feel more confident
-  Help you to quit smoking
-  Help you to drink sensibly
-  Help you to feel happier and healthier
-  Help you to access local services and support



## What is a Health Trainer?

A person who has been qualified by City and Guilds to:

-  understand the issues you may face in trying to change to a healthy lifestyle.
-  take time to listen to you.
-  offer support and encouragement.
-  help you achieve big differences through small, achievable and realistic steps.

## Why might I need a Health Trainer?

You may want to control your weight, get fitter, have a healthy diet, drink sensibly or quit smoking. You may want to reduce your stress levels or just feel better about yourself.

It's often hard to make a change without some support. Health Trainers are fully trained in encouraging people to make healthier changes, and have excellent knowledge about services in the Bailiwick of Guernsey.

