



How can I meet a Health Trainer?

Contact
Public Health Services
Tel: 227311
or
Email: healthy.living@gov.gg
for more information
and to arrange an appointment.

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.

Meetings with your Health Trainer

During your first meeting you will be able to talk to your Health Trainer 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.


This is a **FREE** service for all Bailiwick residents.

All we ask is that you are prepared to make changes



 States of Guernsey
Public Health Services

Public Health Services
Le Vauquiedor Office
St Andrew's, Guernsey GY6 8TW
Tel: 01481 227311

 [Guernseypublichealth](https://www.facebook.com/Guernseypublichealth)
Email: healthy.living@gov.gg
www.gov.gg/healthyliving

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Free and confidential

Do you want to improve your health? Health Trainers can help you

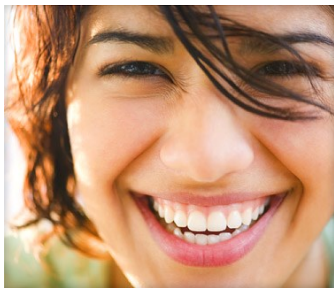
-  **lose weight**
-  **eat more healthily**
-  **feel less stressed**
-  **be more active**

A Health Trainer can help you to achieve your goals with **FREE** confidential one to one support, motivation and guidance.

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



lose weight?



eat more healthily?



feel less stressed?



be more active?

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.

