

**“INCREDIBLE”**

---

**“JUST WHAT I NEEDED”**

---

**“EXCELLENT”**



Ashton, Leigh and Wigan  
Health and Wellbeing Service.

---

## **Health Trainers**

---

**Take your first step  
to a happier and  
healthier lifestyle.**

**Small changes  
make a big difference**

**Health Trainers have already made big differences to the lives of many people living in Ashton, Leigh and Wigan.**

**Call your local GP to arrange an appointment with a member of the Health Trainer Team, and start the step-by-step journey to a healthier you.**

### What is a Health Trainer?

Health Trainers are community-based advisors who can provide you with information, support and encouragement, helping you to achieve lifestyle changes by taking a series of small, manageable and realistic steps to make you healthier and happier.

It's important to remember that Health Trainers will take time to listen to you, and that they understand the barriers you may need to overcome in order to become healthier.



**Small changes make a big difference**

### What sort of help can Health Trainers provide?

Health Trainers can help you to manage your weight, get more active, eat or drink more sensibly or stop smoking. They can also provide help if you want to reduce your stress levels, boost your self-confidence or just generally feel better about yourself.

It's often hard to make these types of change without some support. The Health Trainers can provide you with the advice and encouragement you need, and they also have in-depth knowledge of other services you can access in your area.

### Your first meeting

At your first meeting with a Health Trainer you'll be able to discuss - in strictest confidence - the type of support you're looking for. Together you'll agree on a number of personal health goals and how best to achieve them.

### Agreeing your personal health plan

Once you've established your personal health goals your Health Trainer will work with you to turn this into a personal health plan. This will map out your route to a healthier lifestyle, giving you details of all the information, advice and support you need to make a positive change. Your plan will be reviewed with you from time to time and adjusted to suit any changing needs.

### How long will I work with a Health Trainer?

You can have as many as six sessions with your Health Trainer. He or she will encourage you all the way to better health over a six-month period and will keep in contact with you for 12 months.



**“ My Health Trainer was helpful, great to talk to and boosted my confidence. ”**



Find out how we can help and what our services are about today!

**Call: 01942 481 712**



Find out how we can help and what our services are about today!

**Call: 01942 481 712**

**[alw.hwb.service@bridgewater.nhs.uk](mailto:alw.hwb.service@bridgewater.nhs.uk)**

**[www.bridgewater.nhs.uk](http://www.bridgewater.nhs.uk)**