



Your Health Your Way

Stuart kickstarts his weight loss journey with
'Your Health Your Way'

"All in all, I would 100% recommend Your health Your Way!"-Stuart, weight management intervention service user.

REFERRAL: Stuart visited his GP and asked about weight management support, he was advised to join YHYW and they completed referral on his behalf. "I was contacted 2 days after seeing the GP and booked onto a telephone appointment. I was a bit nervous as I was not sure what the service involved, but Darren, my Healthy Lifestyle Advisor (HLA) made me feel reassured about the service and confident on embarking on this journey. He talked me through all the different interventions that were available i.e. Zoom, Telephone call etc. I opted for telephone support."

INTERVENTION: Stuart is doing his intervention over the phone and was sent nutritional resources via email. He mentioned he loves the portion size module and really likes the fact he was asked to create food diaries and send meal photos to get more specified advice. "Darren has been doing my 1:1 Nutrition – he has been brilliant, explains everything to make it as simple as possible. All information is relatable to my weight loss goal and I feel like I would have struggled if it wasn't for the regular support. He sends information after every session and is always available for a chat when I need him or if I have any extra questions or queries." "Losing the weight has made me feel a lot more confident and being able to be more mobile than I was before. I find reading food labels interesting and now I always looks at things to see what stuff it contains. Seeing these results in 9 weeks has motivated me to continue with the healthy lifestyle."

OUTCOME: "I had tried to lose weight in the past, but nothing ever worked for me! I tried Weight Watchers, Slimming World and just eating smaller portions but just could not keep it up for a long period of time. This time, with YHYW, I have lost 8lbs and found all the nutrition information well explained so I could fully understand as I can easily get confused!" Stuart is also now receiving Stop Smoking Support from YHYW and has not had cigarette since July thanks to his advisor Karen and using nasal spray and patches she prescribed.

Your Health Your Way: Nottinghamshire's new Integrated Wellbeing Service

Your Health Your Way is a **free** service available to support residents of Nottinghamshire (excluding Nottingham City) to lose weight, get more active, eat healthier, drink less and quit smoking.

Has lockdown resulted in you eating more, sitting down all day and an increase in your drinking? We should not be hard on ourselves because this year has been unpredictable. But now is an important time to act and become fitter and healthier than ever before! Your Health Your Way are here to help that. *Recent studies from PHE have reported, that patients with obesity had more severe COVID-19 outcomes compared to patients without obesity. Reducing your weight to within a healthy range, can cut your risk of being critically ill with COVID-19.*

Weight Management (Adults, Families, Maternity): We take a realistic approach to weight management, no strict/expensive diets or exhausting exercise routines but a positive, practical, and realistic changes to achieve a healthy weight. In each session we will go over a nutritional topic e.g. how to read food labels and follow this with an exercise session.

Physical Activity: If you think you currently do less than an hour of activity a week then we can support with personalised activity support, you can join one of our groups to increase your fitness levels safely and 1:1 support.

Smoking (12 years+): Your Health Your Way's Stop Smoking Service helps individuals quit smoking for good. Our dedicated and friendly stop smoking advisors deliver a range of 1-1 and drop-in sessions as well as phone and digital support. We provide a full range of free nicotine replacement therapy/Champix alongside weekly support from our stop smoking advisors.

Alcohol: It has been reported that at least 1 in 5 drinkers have been drinking more frequently since lockdown began. We deliver a range of 1-1 and group sessions (for those aged 18+) that support people to reduce their alcohol intake and drink within the recommended guidelines.

All interventions are free and are with the support of our friendly and positive advisors, who will offer encouragement, advice and maintaining a positive approach to managing your weight and health behaviours. Contact us on our social media pages or below:

For more information or to make a quick, easy self-referral visit www.yourhealthnotts.co.uk or call us on 0115 772 2515. Make sure to follow our social media for videos, recipes, and tips!



Exercise to suit all abilities



Lose weight and keep it off!



FREE group and 1-2-1 sessions available



Alcohol support



Healthy eating support



Help to quit smoking

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