

# ONE YOU EAST SUSSEX IS THE COUNTY'S FREE HEALTHY LIFESTYLE SERVICE FOR RESIDENTS. ALL OF OUR SERVICES ARE FREE AND ACCESSIBLE IN A NUMBER OF LOCATIONS.



## ADULT WEIGHT MANAGEMENT

### Lose Weight with One You East Sussex

Our specialist 12 week group programme aims to help clients lose at least 5% of their body weight. Our tailored sessions are split into nutritional support and guidance alongside a brief physical activity component. Our partnerships with local leisure providers gives clients access to local facilities free of charge.



## MAN v FAT Football

Our specialist male only weight management programme. Fully endorsed by the FA, MAN v FAT is like no other 6 a side league out there. Combine the love of the game with weight loss! For every two players that lose weight in your team you gain an extra goal. Working in partnership with local football clubs and providers, 95% of our players lose weight. What do you have to lose except weight?



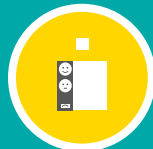
## BE SMOKE FREE

You are up to four times more likely to be smoke free with the support of one of our specialist advisors. Over a number of sessions with your health coach you will discuss the Nicotine Replacement Therapy available to help you with your quit attempt. You will also receive advice, tips and hints to quit the cigarettes for good.



## NHS HEALTH CHECKS

A health check-up for people aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease or type 2 diabetes. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk. Eligibility criteria does apply.



## HOLISTIC HEALTH ASSESSMENT

Working one-to-one with our specialist health coach team you will receive an overall holistic health assessment personal to you. We look at various different things such as health and mental health. Our health coach team will then discuss with you the support that is available both within your local area and further afield.



## HEALTH COACHING Move More, Drink Less, Eat Well

Working with our specialist Health Coach team, you will receive support to assist your health goals such as moving more, drinking less or eating well. Working one-to-one with your Health Coach we will set smart goals with you in order to achieve your aims.



## TRAINING

One You East Sussex also provides free training to organisations and people in the community. These range from Mental Health First Aid, Making Every Contact Count and Stop Smoking Advisor Training.