

## LOSE WEIGHT

Our free weight management course is designed by experts and proven to help you lose weight in a safe and sustainable way.

## MOVE MORE

We offer free daily online exercise classes as well as socially distant walking groups to help you stay active, keep moving and look after your physical health.

## BE SMOKE FREE

Your Health Coach will be able to tell you about nicotine replacement products and other stop smoking medicines.

**ONE YOU** CHESHIRE EAST 0808 164 3202



# START THE JOURNEY TO A HEALTHIER **YOU**

## Stand Strong

Reducing your risk and fear of falling is possible with our free Stand Strong programme. This gentle exercise programme helps you improve your strength, balance and mobility.

## Healthy Baby & You

Taking care of yourself during and after pregnancy helps keep you and your baby healthy. You will have access to three important areas of support: staying active, quitting smoking and managing your weight.



Cheshire East  
Council