

It's time to celebrate!

The Personal Health Trainers in Cambridgeshire are celebrating again, as they are entering their third year, after successfully delivering over the past two years (since 2009) a quality service to help residents of Cambridgeshire adopt a healthier lifestyle.



A total of 17 Health Trainers work from 14 of the most deprived GP Practices.

The service provides behavior change, support, motivation and information around four main areas of lifestyle, including:

- Healthy eating
- Physical activity
- Alcohol and smoking

The success of year two is outstanding, the Personal Health Trainers have helped their clients lose a staggering 3,148kg, that is equivalent to 3 tonnes in weight and if you can't imagine that then this will give you an idea.



So, times him by three and you have the weight lose equivalent!!

It is true to say, ' Cambridgeshire is walking its way to better health'.

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Health Walks have been increasingly popular in all the area's that the Health Trainers are based and we have been recording the steps that there groups have been walking.

In fact 3,302 miles were covered in year two, which is the distance from the UK to Ghana! Can you believe it!



The Personal Health Trainers didn't stop there; they have also delivered group sessions on all the aspects of healthy lifestyle changes and topped over 1100 in total.

All the sessions were free, structured, informative and full of great ideas that participants could take away with them.

We also have offered Introduction Chair Based Exercise classes as demonstrated below.



It is extremely important to us that our clients are satisfied with the service we provide. Consequently comments made are monitored and recorded, here are a few statements:

Excellent service, I have really learnt a lot and improved my lifestyle as a result.

Positive, caring attitude of my health trainer made all the difference. Can't thank him enough!

All this info booklets and advice given by this trainer was very helpful and everything I did was great. Just a simple change of diet and a bit more exercise made a great deal of help and seeing that change was good.

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Our success has also been down to great links with services and the Community, without working together the Health Trainers task would be much harder to achieve.

The Personal Health Trainers are looking forward to a New Year and new challenges. To find out much more about our service then please visit our website www.personalhealthtrainer.org.uk