



Our **FREE** Get Healthy Coaches are here to help you improve your health and wellbeing

**Get Healthy Coaches can help you to:**

- Reach a healthy weight
- Cut down on the alcohol you drink
- Be more active
- Stop smoking
- Have an NHS Health Check



Your local Get Healthy Coach will help you to create a **PERSONAL HEALTH PLAN** to map out the route to a healthier lifestyle. This will be reviewed with you and adjusted to suit your needs.

Take small steps to a healthier lifestyle. Start your journey by contacting your local Get Healthy Coach at **Get Healthy Rotherham** today!



Visit us at  
[www.gethealthyrotherham.co.uk](http://www.gethealthyrotherham.co.uk)  
or call **01709 718720**





## It's great that you've made the first steps towards a healthier lifestyle.

### How to register

Why not get in touch NOW and see how we can help you to get healthy?

### There are many ways to get in touch

- ✔ Phone us on 01709 718720
- ✔ Visit our website: [www.gethealthyrotherham.co.uk](http://www.gethealthyrotherham.co.uk)
- ✔ Ask to be referred by your GP

### What happens next?

1. Our Get Healthy Coaches will call you within 48 hours
2. We will talk through what support you would like, develop a plan specific to you, and discuss which **FREE** local services may be of help
3. We offer **FREE** support and advice on stopping smoking, reaching and maintaining a healthy weight, reducing the amount of alcohol you drink, being more physically active and we even provide NHS Health Checks!
4. Our Get Healthy Coaches are committed to helping you achieve your healthy goals and offer one to one support in community and workplace venues near you!
5. We will keep in touch with you on a regular basis to see how you're getting on and if you need any additional help

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