

ONE YOU HEALTH WALKS

"IT REALLY IS THE **BEST**
PRESCRIPTION FOR **BETTER HEALTH.**"

47,000 people attend our health walks every year! Led by friendly volunteers they are especially good for people who are recovering from illness, or who just need a bit of extra motivation to take more exercise or being more active.

Walks usually take from 45 minutes to an hour and a half, and leave from central locations such as your local library or leisure centre.

There's no need to book, just turn up and join in! Take a look at our website for your closest departure point and get moving.



ONE YOU SMOKEFREE

"I COULDN'T HAVE DONE IT **WITHOUT**
YOUR HELP!"

We know it's tough to quit smoking, but you don't have to go it alone.

No lectures, just professional support and help when you need it most.

We can help you to quit smoking and be smokefree for life.

Our friendly and professional team can offer:

- Quit Clubs
- Nicotine replacement therapy
- Specialist pregnancy service
- Drop-in groups
- Telephone support
- One-to-one advice
- Hospital patient support
- Skype consultations
- Smokefree business advice.



GET ONLINE

Do you want to get more active, eat healthier food, cut down on alcohol or stop smoking?

Get online and find out about the range of free apps that can help you.

www.oneyoukent.org.uk

ONE YOU KENT FOR BUSINESSES

Could your workplace benefit from One You Kent support? Talk to us! We can provide free group sessions for workplaces to tackle weight loss or stopping smoking, all delivered in a fun, positive and engaging way.

Benefits:

- Productivity of staff increases
- Sickness absence rates decline
- Improved team building and morale
- Colleagues feel appreciated.



MAIDSTONE HOW ARE YOU?

Services in **Maidstone**

Call: 0300 123 1220

Email: oneyou.kent@nhs.net

Visit: www.oneyoukent.org.uk

ONE YOU KENT

OYHI-3-Maidstone



ONE YOU LIFESTYLE ADVISERS

"I JUST FEEL SO MUCH BETTER ABOUT LIFE!"

Are you ready to make some changes?

We know that small changes can make a difference and we offer a free and confidential service to help you take the first steps towards a healthier lifestyle.

We will discuss with you what changes you want to make, and support you to set goals to achieve them over seven FREE one-to-one sessions.

We can support you with:

- drinking less
- moving more
- eating less
- stopping smoking

...and anything else that you need to get you on your way to a healthier you.



NHS HEALTH CHECKS AND HEALTH MOTS

"THANKFULLY I CAUGHT IT IN TIME."

If you're aged 40-74 you may be entitled to a free NHS Health Check.

The health check will measure your blood pressure, cholesterol levels and your body mass index. You'll also be asked some simple lifestyle and family questions.

The check only takes around 30 minutes and you'll be given a personal plan to help you achieve and maintain a healthy lifestyle.

If you're not eligible for a full NHS Health Check ask for an on-the-spot health MOT instead.

Even if you feel fine, it's better to know for sure.



ONE YOU WEIGHT LOSS

"IT WAS A LIFESTYLE CHANGE AND IT FELT GREAT."

Worried about your weight? See one of our weight loss advisors where, following a free initial consultation, a number of options will be discussed with you to help you achieve your goals and help you decide the best path for you on your weight loss journey. This may include further consultations, one of our weight loss groups or support to access other services.

No fads, no gimmicks, just sensible easy to follow guidelines to help you lose weight and live a healthier lifestyle.



These services are delivered on behalf of Kent County Council by the NHS and Maidstone Borough Council.