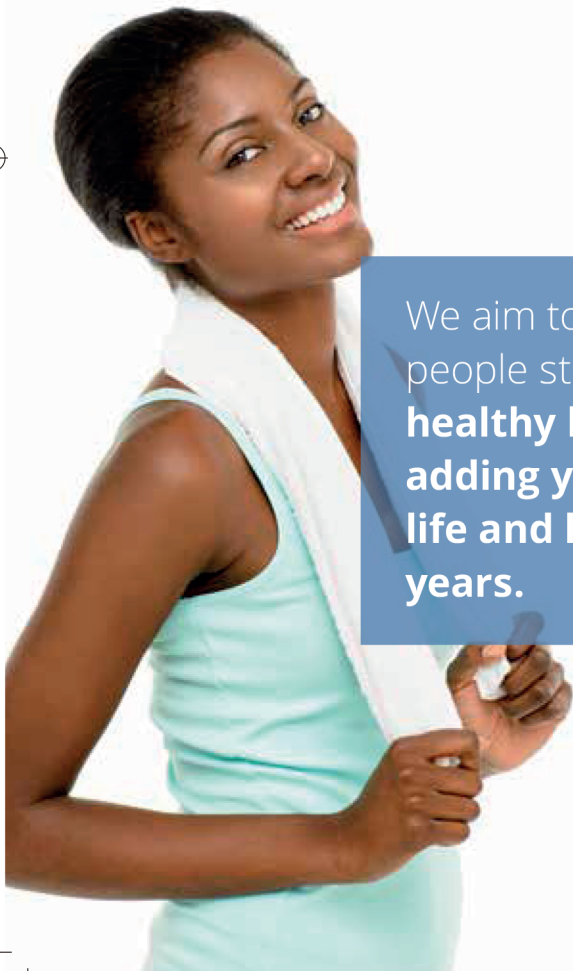


About Us

Thurrock Healthy Lifestyle Service is a new integrated service. Our aim is to provide a single point for residents to access the following services:

- NHS Health checks
- Stop Smoking Service
- Weight Management
- Physical Activity

Call us today and one of our specialist advisors will discuss your current lifestyle. From a few simple questions, they will be able to assess which of our services would be helpful to give you support to make your life healthier and longer.



We aim to help people stay **healthy longer, adding years to life and life to years.**

How do I get in touch with the service?

If you would like to access the service simply call free on **0800 292 2299** and speak to one of our specialist advisors.

Or you can email THLS@thurrock.gov.uk

Contact us on

 **0800 292 2299** (Mon-Fri 9am - 5pm)

 THLS@thurrock.gov.uk

Thurrock *Healthy Lifestyle* Service



Look after your health with our **FREE** Healthy Lifestyle Service

 thurrock.gov.uk



NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

Aged 40-74? Find out about our FREE NHS Health Check

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy.

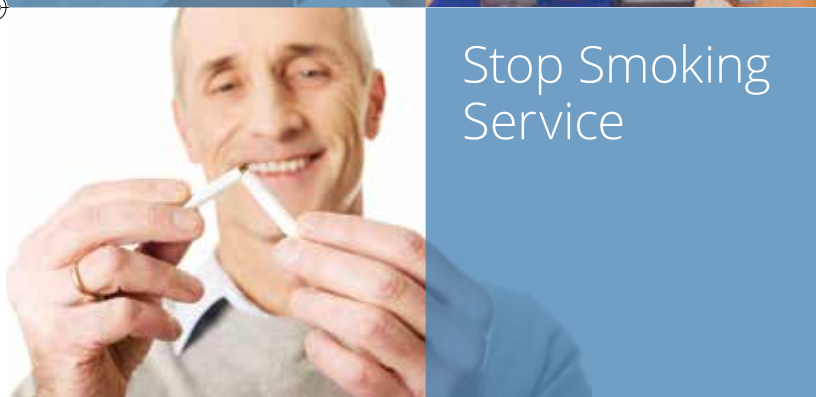


Weight Management

How your weight affects your health

Being overweight could affect your health and can cause life-threatening conditions. These include:

- ✓ Heart disease
- ✓ Cancers such as breast, colon and stomach
- ✓ High blood pressure
- ✓ High blood cholesterol
- ✓ Diabetes
- ✓ Pain/arthritis
- ✓ Back pain



Stop Smoking Service

The benefits of becoming Smoke Free

- ✓ **Longer life** - Half of all long-term smokers die early from smoking related diseases
- ✓ **Better breathing** - Lung capacity improves by up to 10% within nine months of quitting smoking
- ✓ **More energy** - Within 2 to 12 weeks of stopping, your circulation improves making all physical activity easier
- ✓ **Less stress** - Scientific studies show that people's stress levels are lower after they stop smoking



Physical Activity

What are the benefits of being active?

There are many health benefits to being active daily:

- ✓ Reduces your chance of getting Type 2 diabetes and Cardiovascular diseases
- ✓ Improves Sleep
- ✓ Helps maintain a healthy weight
- ✓ Improves quality of life
- ✓ Reduces symptoms of depression and anxiety

Working together to improve your health

Everyone is at risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia. The good news is that these conditions can often be prevented – even if you have a history of them in your family. Have your free NHS Health Check and you will be better prepared for the future and be able to take steps to maintain or improve your health.

Weight Management Service.

Our partners provide a 12 week FREE support programme to help reduce your weight and the risk of possible serious health issues.

We offer the service to adults who are residents in Thurrock with a BMI of 30-39 (or individuals with an Asian ethnic background of a BMI 27.5-39).

We adopt a flexible approach to support the needs of different individuals.

What to expect from our service?

Smokers are up to 4 times more likely to stop smoking with us than if they go it alone.

Join our FREE 12 week programme and as well as talking to you each week, we will also call or text you in between appointments to help you to stay on track. We will also give you access to effective, licensed stop smoking medication, either Nicotine Replacement Therapy (NRT) or a prescription only medication.

How much physical activity do you need to do to stay healthy?

To stay healthy or to improve health, adults need to do two types of physical activity each week: aerobic and strength exercises.

Call us today for more information and support tailored to your physical abilities. We aim to help you get yourself off the sofa and into a more active healthy lifestyle.