

# Healthy Lifestyles

“Small Steps...  
Right Direction”

**WE CAN HELP YOU TO:**

**stop**  
smoking

**lose**  
weight

**move**  
more

improve  
**mood**

drink  
**less**

**live well**  
with type 2 diabetes

**What are you waiting for?**

*Complete our online quiz and start  
the journey to a healthier you today!*



[www.tsdft.uk/lifestyles](http://www.tsdft.uk/lifestyles)

Search ‘Torbay Lifestyles’ in your browser

Call: 0300 456 1006 (Local rate number)

Email: [torbaylifestyles@nhs.net](mailto:torbaylifestyles@nhs.net)

## lose weight

**Managing your weight can prevent many health conditions, have a positive impact on pre-existing conditions, and can increase your self-esteem and wellbeing.**

Sometimes we need a little support and guidance, which is why the Healthy Lifestyles Team can help you to lose weight in partnership with Slimming World, WW and Rosemary Online. We can also offer additional support through our health coaching service.



## stop smoking

**No surprises here – stopping is the single best thing you can do to improve your health & wealth!**

Our team of experienced specialist advisers understand the challenges of quitting. We offer a range of highly successful treatment options as well as different levels of local tailored support aimed at giving smokers the best chance of quitting for good. We are also an e-cigarette / vaping friendly service and can provide the latest advice and guidance about their use as an alternative to smoking tobacco or in supporting you to quit.

## move more

**There are lots of reasons to be more active. Moving more is good for your body and mind, just a few small changes can make a big difference to your life and how you feel.**

We provide a range of physical activity offers in partnership with local providers. This includes the Fitbay\* exercise on referral scheme and reduced cost activity sessions with trained instructors throughout Torbay, e.g. gym, aqua, toning sessions.

## health coaches 1-2-1 support

**Whether you want to eat more healthily, increase your activity or improve your general health and wellbeing, we have the skills and tools to help you make it happen.**

Our team of health coaches provide friendly, approachable support for people who are keen to improve their health and wellbeing. We offer telephone, one-to-one or group support and can signpost or refer you to other services where appropriate.

\* Please note offers and support options are subject to certain conditions and charges may apply.