

Guernsey Health Trainers

We're here to get you started

What can a Health Trainer do for you?

Help you to eat healthier ● Help you to get more active
Help you to feel more confident ● Help you to quit smoking
● Help you to drink sensibly ● Help you to feel happier and healthier
● Help you to access local services and support

What is a Health Trainer?

- A person who understands the issues you may face in trying to change to a healthy lifestyle.
- A person who will take time to listen to you.
- A person who can offer support and encouragement.
- A person who can help you achieve big differences through small, achievable and realistic steps.



Why might I need a Health Trainer?

You may want to control your weight, get fitter, have a healthy diet, drink sensibly or quit smoking. You may want to reduce your stress levels or just feel better about yourself.

It's often hard to make a change without some support. Health Trainers are fully trained in encouraging people to make healthier changes, and have excellent knowledge about services in Guernsey.

How can I meet a Health Trainer?

Call the Health Promotion Unit on 707311 for information and to arrange an appointment.

Your first meeting

During the first meeting with your Health Trainer, you will be able to talk about the kind of support you're looking for. Together, you'll agree on a number of personal health goals and how best to achieve them. Everything that is discussed will be treated in the strictest confidence.

How often can I see my Health Trainer?

You can have four free 1 hour sessions with your Health Trainer. She or he will support and encourage you all the way, over a 6 month period.

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This is a free service for all Bailiwick residents. All we ask is you are prepared to make changes and are ready to get started!

Interested?

Why not give us a call and find out more.

Call today on 707311.

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DO YOU WANT TO IMPROVE YOUR HEALTH?
NOT SURE HOW TO GO ABOUT IT?

Health Trainers will help you
set your goals and then
support you to achieve them

