

"Her eating habits have changed and she has really enjoyed the sessions."
 A parent, at St Michael's and St Martin's Catholic Primary School.

change 4 life

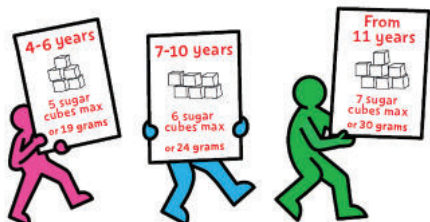
Eat well Move more Live longer

Want to make some changes?

One You Hounslow nutritionists and Brentford FC Community Sports Trust coaches can help you make healthy changes

What's the maximum daily amount of sugar we can have?

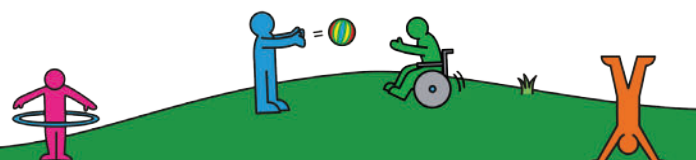
1 = 4 grams of sugar



If you're looking to improve your family's health and wellbeing then our One You Hounslow Change 4 Life Family Programme is ideal for you.

We run a FREE 6-8 week programme where families learn to make small changes to their lifestyles through fun and interactive education and exercise sessions.

Call 020 8973 3530 or Search 'One You Hounslow' to find out more!



STOP SMOKING

EAT WELL

MOVE MORE

DRINK LESS



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DRINK LESS

FRIENDLY SUPPORT TO A HEALTHIER YOU

We offer free one-to-one lifestyle support and advice to people who live in the London Borough of Hounslow

To find out more why not contact us

EMAIL: ONEYOU.HOUNSLOW@NHS.NET
 CALL: 020 8973 3530

WWW.ONEYOUHOUNSLOW.ORG



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ONE YOU HOUNSLOW

BECAUSE THERE'S ONLY ONE YOU

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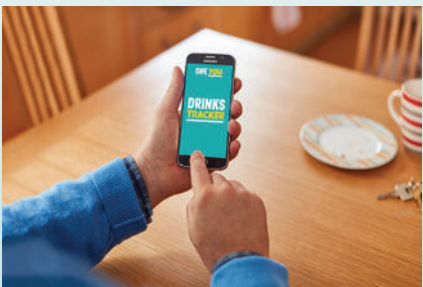
YOUR **ONE YOU** HOUNSLOW JOURNEY

So what could your journey include?



Your Journey

Our lifestyles might be unhealthier than we think. The One You Hounslow team is here to help you make simple changes that can double your chances of enjoying a healthier life for longer.



Health Advisors

Our health advisors are trained to provide general information on Eating Well, Moving More, Stopping Smoking and Drinking Less. They offer free personalised goal setting support to help you achieve your healthier journey.



Eat Well

We empower individuals to choose healthier options and to eat well through our Cook and Eat sessions and promote digital tools such as the One You Easy Meals and Change4Life Food Scanner apps.



Move More

Our service offers access to a range of physical activities, available in the borough from health walks to yoga, pilates, tennis and much more, to help you improve your activity levels.



Stop Smoking

Our friendly stop smoking service provide personalised stop smoking support, either through face to face, by telephone, via digital tools or through GPs and pharmacists.



JENNY

“A campaign can come at the right time for you, and I think this came at the time when I needed it myself. I feel in control of my body”



Drink Less

We offer information and support through goal setting and self help tools to reduce alcohol intake.



Checking

Checking yourself can help identify if you have any risk factors for health conditions. We run community outreach in Hounslow offering blood pressure screening, height, weight and BMI checks as well as a range of information to support your journey to a healthier you.

To find out more about the services we offer, simply call us on 020 8973 3530 or visit oneyouhounslow.org