

## HEALTH TRAINERS



### NORTH & CENTRAL HEALTH EXCHANGE

Tel: 0800 158 35 35 or complete referral form

[www.healthexchange.org.uk](http://www.healthexchange.org.uk)

### SOUTH GATEWAY FAMILY SERVICES

Tel: 0121 456 7821 or complete referral form

[www.gateway.org](http://www.gateway.org)

Health Trainers provide 1-2-1 support to help people make healthier lifestyle choices. Clients can self-refer.

## ALCOHOL & DRUG SERVICES

Tel: 0300 5555 999  
[www.mylife4me.co.uk](http://www.mylife4me.co.uk)  
or complete referral form

CLIENTS CAN SELF-REFER.



## STOP SMOKING SERVICE

CALL TO QUIT  
Tel: 0800 052 5855  
Text: QUIT to 80800



[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)  
or complete referral form  
CLIENTS CAN SELF-REFER.

WELCOME TO THE NEW YOU!



FOR MORE INFO VISIT:  
[WWW.BIRMINGHAMPUBLICHEALTH.CO.UK](http://WWW.BIRMINGHAMPUBLICHEALTH.CO.UK)



ARE YOU UP FOR A HEALTHY LIFESTYLE?

## WEIGHT MANAGEMENT



BMI > 25  
WEIGHT LOSS PLAN FOR WOMEN  
[www.choose2bslim.co.uk](http://www.choose2bslim.co.uk)

WEIGHT LOSS PLAN FOR MEN  
[www.commit2bfit.co.uk](http://www.commit2bfit.co.uk)

BMI > 30  
LIGHTEN UP  
Tel: 0800 5999 880 or complete referral form

BMI > 40  
SPECIALIST OBESITY SERVICE (GP referral only)

Telephone or complete referral form  
BCHC: 0121 465 2785  
Heartlands: 0121 424 0177

ARE YOU UP FOR THE CHALLENGE?

## PHYSICAL ACTIVITY



BE ACTIVE  
CITY-WIDE FREE GYM, SWIM AND ACTIVITIES  
Sign-up at your local council leisure centre  
[www.beactivebirmingham.co.uk](http://www.beactivebirmingham.co.uk)

BE ACTIVE PLUS (GP REFERRAL ONLY)  
SUPPORTED EXERCISE PROGRAMME FOR PEOPLE WITH VARIOUS CHRONIC CONDITIONS  
Fax referral form to: 0121 464 6035  
Email: [bhambeactiveplus@nhs.net](mailto:bhambeactiveplus@nhs.net)

## PREGNANCY SERVICES



BMI 25-30  
BIRTHFIT: ANTE-NATAL EXERCISE  
Tel: 07921 803863  
or complete referral form

BMI > 30 OR < 18.5  
MATERNAL LIGHTEN UP  
Tel: 0800 599 880  
or complete referral form

SOCIAL RISK  
PREGNANCY OUTREACH WORKER  
Tel: 0121 456 7820 or complete referral form

FOR ALL  
HEALTHY START VITAMINS

General:  
[www.birminghampublichealth.co.uk](http://www.birminghampublichealth.co.uk)

Local distribution point:  
[www.nhs.uk/healthystart](http://www.nhs.uk/healthystart)

'Healthy Lifestyle services, Quick Guide'



# ARE YOU <sup>UP</sup> FOR A HEALTHY LIFESTYLE



-  HEALTH TRAINERS
-  ALCOHOL & DRUG SERVICES
-  STOP SMOKING SERVICE
-  WEIGHT MANAGEMENT
-  PREGNANCY SERVICES
-  PHYSICAL ACTIVITY