



Want to follow a healthier lifestyle but don't know where to start?

One of our healthy lifestyle motivators can help.

We offer a free and friendly service, providing information and support for those who live or have a GP in Southwark, on a range of health and physical activity issues.


We can help with the following:

- ✔ Healthy cooking, eating and shopping on a budget
- ✔ Physical activity, what's available and where
- ✔ Social activities to promote mental well-being
- ✔ Feeling good
- ✔ Stopping smoking
- ✔ Reduce alcohol intake
- ✔ Healthy walks

We will also let you know about services and support available in the NHS, the local community and your local Southwark leisure centres.

 everyoneactive.com

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ACTIVE

Southwark
Council
southwark.gov.uk



Healthy Lifestyle Motivator

Committed to making Southwark a healthier borough.

“Seeing a healthy lifestyle motivator has really motivated me and given me confidence to start talking about my weight problem. I look forward to our session, and working together to help me through the next step to achieve my personal goal.” *Participant*

“I see the role of a healthy lifestyle motivator as one that enables me to work with individuals and groups in the local community, around making changes that will benefit their health.” *Southwark Healthy Lifestyle Motivator*

You can have up to four sessions with a healthy lifestyle motivator and, where possible, at places and times suitable for you.

You can either be referred by your GP/Nurse, or self-refer by calling us on 020 7708 6220.

FREE swim and gym for all Southwark residents

Visit www.everyoneactive.com/southwarkfreeswimandgym to register.

Free swim and gym available all day Friday and Saturday/Sunday from 2pm.

Southwark Council and Everyone Active are working in partnership to deliver this service to the residents of Southwark. To find your local leisure centre or for more information please visit www.everyoneactive.com

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