



say
yes
to feeling
good

Weight Management

The Live Life Better weight loss programme is delivered by qualified and experienced advisors.

If you are aged 18 or over with a BMI of 25+, or a BMI of 23+ if you are of Black or Asian ethnicity, then you can take part in our weight management programme.

What we offer

- Face to face group sessions
- Virtual group sessions
- Information and discussion on subjects such as portion sizes, energy balance and how to maintain a healthy lifestyle
- Written and online digital materials
- A supportive Facebook group
- The chance to take part in our physical activity sessions

How do I join?

To take part in our services visit our website www.livelifebetterderbyshire.org.uk and take part in a short online assessment.

Alternatively you can call us on:

0800 085 2299 or 01629 538 200

To access Exercise by Referral you will need to contact your GP for a referral into the programme.

For more information about the eligibility criteria for the scheme visit:

www.livelifebetterderbyshire.org.uk/exercisebyreferral

say *yes* to a healthier you

Our free healthy lifestyle services are available across Derbyshire.


To find out more...

Visit: www.livelifebetterderbyshire.org.uk

Email: llbd.info@derbyshire.gov.uk

Call: 0800 085 2299 or 01629 538 200

 [@DCCPublicHealth](https://twitter.com/DCCPublicHealth)

 [derbyshirepublichealth](https://www.facebook.com/derbyshirepublichealth)

Live Life **BETTER** **DERBYSHIRE**

A free healthy lifestyle service that helps you:

- Stop smoking
- Manage your weight
- Get more active
- Identify your health and wellbeing needs

Live Life Better Derbyshire offers a wide range of health and wellbeing support

This covers the following key areas:

- Stop smoking
- Weight management
- Getting active

We can also help with a range of other issues that can affect your health and wellbeing including; mental health and wellbeing, falls prevention, alcohol awareness, housing and financial help.

You are eligible to take part in the Live Life Better Derbyshire service if you:

- Live in Derbyshire (excluding Derby City)
- Work in Derbyshire county (excluding Derby City) and your employer has joined our workplace programme
- Are registered with a Derbyshire county GP practice

**This leaflet covers some of the
services on offer in more detail.**



Stop Smoking

Stopping smoking is one of the best things that you can do for your health and our friendly advisors are on hand to help you quit for good.

If you are aged 12 or over then you can take part in our stop smoking service.

If you smoke and want help to quit for good we offer:

- Advice and support including a Facebook support group
- Group sessions
- One-to-one support
- Telephone support
- Free Nicotine Replacement Therapy
- Support to quit if you want to use your own vape/e cig device
- Support to quit throughout pregnancy



Get Active

There's lots of opportunities to get active in Derbyshire and our trained advisors can help you make a start.

If you're aged 18 or over then you can join our free physical activity service.

What we offer

- Online exercise sessions with trained advisors designed to cater for different fitness levels and abilities
- Support to find appropriate exercise and activities to suit you
- A supportive Facebook group
- Printed resources and online exercise videos

Exercise by Referral

Exercise by Referral is a comprehensive, 12 week exercise programme carried out at local leisure centres.

It's aimed at people with certain health conditions who currently do little or no physical activity but are motivated to do more. You need to be referred into the scheme by your GP or other health professional.