



### What's available?

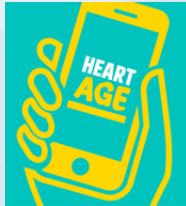
## Better Help NHS - Lose Weight App

The free NHS Weight Loss Plan helps you start healthier eating habits, be more active, and start losing weight. The plan is broken down into 12 weeks so you can: Set weight loss goals, Use the BMI calculator to customise your plan, Plan your meals, Make healthier food choices, Get more active and burn more calories, Record your activity and progress.



## Heart Age Test

Your heart age gives you an idea of how healthy your heart is. This calculator will compare your real age to your heart age by asking you questions about your health. You'll also find out how to improve your heart age by making some healthy lifestyle changes.



Scan or search 'NHS heart age'

## Your Health Notts

Your Health Notts offer targeted, specialist, weight management services. The deliver weight loss services at the following locations:  
Lutteral Hall West Bridgford – Tuesdays 3:30pm – 6:00pm  
Lutteral Hall West Bridgford – Tuesdays 6:00pm – 7:30pm  
Cotgrave Welfare Scheme – Thursday 12:30pm – 2:00pm



Scan or visit [Yourhealthnotts.co.uk](http://Yourhealthnotts.co.uk)

## Exercise for Health GP Referral Scheme

The Exercise for Health GP referral scheme provides a safe, supervised and enjoyable introduction to physical activity within a controlled environment. The scheme gives people who are not regularly active or who have health problems the opportunity to improve their health and well-being, regardless of age, ability or experience and is available at all leisure centres across Rushcliffe.



Scan or search "Rushcliffe GP Referral Scheme"

## Case Studies

Discover the weight loss journey of a patient who benefitted from a Rushcliffe Social Prescriber's link worker.

Visit [rushcliffehealth.org/social-prescribing/population-health-management](http://rushcliffehealth.org/social-prescribing/population-health-management)

