



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. This month free health checks will be delivered across Rushcliffe and include measuring weight, height, blood pressure check and an advisor on hand for general advice and information. See below for information:

- Rushcliffe Arena (reception area) – Monday 4th March 3:00pm – 4:30pm
- Keyworth Leisure Centre (reception area) – Tuesday 5th March 10am – 11:30am
- Cotgrave Surgery (reception area) – Tuesday 5th March 12:00 Noon – 13:30pm
- Bingham Arena (reception area) - Tuesday 5th March 2:30pm – 4:00pm



Scan or visit 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



Rushcliffe Primary Care Network

Next months topic... MENTAL HEALTH