

One You Cheshire East aims to improve the health outcomes of residents living within the Cheshire East area. We offer a range of **FREE** programs around weight loss, physical activity and cookery courses as well as giving support to help with stopping smoking and reducing alcohol - if any of these services are of interest please email info@oneyoucheshireeast.org for more information or take a look at our website www.oneyoucheshireeast.org

Referral Criteria	Patients/Client Must Be A ' <i>Resident of Cheshire East</i> ' and Comply with The Specific Programme Criteria Below.
<p>Be Steady Be Safe Falls Prevention Programme (24 week programme of balance, strength and education classes)</p>	<ul style="list-style-type: none"> • Aged 65 years and over <p>Have one or more of the following:</p> <ul style="list-style-type: none"> • Fallen in the past 12 months • Poor balance and mobility • Osteoporosis
<p>Active Lives Physical Activity Referral Programme (12 week exercise programme, swimming, walking, gym, exercise classes etc.)</p>	<ul style="list-style-type: none"> • Aged 18 years and over • Inactive doing less than 30 minutes of moderate intensity exercise per week. • Motivated to be physically active and improve their health
<p>Reshape Adult Weight Management Programme (12 week course, weekly one hour nutritional education classes and weekly leisure centre pass)</p>	<ul style="list-style-type: none"> • Aged 18 years and over • BMI 30 to 39.9 (BME groups 27 to 39.9) • Motivated and wanting to lose weight and improve their health
<p>Taste For Life Healthy Cookery Courses (6 week cookery course of nutritionally balanced, low cost, healthy meals)</p>	<ul style="list-style-type: none"> • Aged 18 years and over • Needs to improve basic cooking skills and learn to cook from scratch. • Motivated in wanting to eat a healthy balanced diet and improve their health.
<p>Lets Get Movin' Family Weight Management Programme (12 week leisure pass and nutrition and lifestyle workshop)</p>	<ul style="list-style-type: none"> • Aged 4 to 18 years and over • One child must have a BMI above the 91st centile • Motivated to be physically active and wanting to lose weight
<p>Fit for Birth (12 week exercise and healthy eating programme, see separate sheet for exclusion criteria)</p>	<ul style="list-style-type: none"> • Pregnant women • BMI of >30 • Motivated to be physically active and lead a healthy lifestyle during pregnancy.