

## **Support for our patients: Healthy lifestyle**

### **NHS Better Health**

Offering free tools and support, including NHS App recommendations, for losing weight, getting active, quitting smoking, and drinking less. Visit **[www.nhs.uk/better-health](http://www.nhs.uk/better-health)** for more information.

### **Stop for Life - Devon**

A free support service to help you stop smoking for good. For more information, visit **[stopforlifedevon.org](http://stopforlifedevon.org)** or call **0800 122 3866**.

### **Get Active (NHS)**

Walk your way to health! Did you know that walking briskly for just 10 continuous minutes counts as exercise? It's easier than you think to fit into your day! This website offers an easy and helpful guide to becoming more active, including information about the Couch to 5K app (a free running programme for absolute beginners). Visit **[www.nhs.uk/better-health/get-active](http://www.nhs.uk/better-health/get-active)** for more information.

### **Active Devon**

Devon has a spectacular array of natural and community resources for getting and staying active and healthy. Explore this site to find fun, healthy and connected ways to get and stay active. Visit the **[devon.sportsuite.co.uk/activities](http://devon.sportsuite.co.uk/activities)** to find an activity near you.

### **Newton Abbot Leisure Centre (Teignbridge Leisure)**

Offers a range of exercise classes, swimming and aquafit sessions on a pay as you or membership basis, visit **[www.teignbridgeleisure.co.uk/newton-abbot-leisure-centre](http://www.teignbridgeleisure.co.uk/newton-abbot-leisure-centre)** or call **01626 215660** for more details. You may also be able to access the Teignbridge Leisure Referral Scheme via your GP, which offers a 12-week programme to help you become more active (referral criteria applies). For more information visit **[www.teignbridgeleisure.co.uk/gym/exercise-referral](http://www.teignbridgeleisure.co.uk/gym/exercise-referral)** or call **01626 215660** for more details

### **Your Health Torbay**

A service to help you manage your weight, moving more, quitting smoking and improving overall health for people living and working in Torbay. Visit **[yourhealthtorbay.co.uk](http://yourhealthtorbay.co.uk)** or call **01803 422 422** for more details.

### **Fitness in Torbay exercise referral programme**

This 10-week exercise programme is supervised by fully qualified exercise professionals for those living in Torbay. The programme is aimed at people with medical conditions that would benefit from exercise. The cost is £60, and for more information visit **[yourhealthtorbay.co.uk](http://yourhealthtorbay.co.uk)** or call **01803 422 422**.