



# Healthy Lifestyle Support for people in the caring profession

Healthy Lifestyles offers FREE support to help people in Coventry who want to lose weight, get more active, quit smoking and cut down on their alcohol consumption.

We've supported thousands of people across Coventry you to make small, sustainable changes to improve their health and wellbeing and live a longer, happier lives.



# Support for Carers

**At HLS Coventry we recognise that being a carer isn't easy. Long hours and irregular shift patterns can leave little time to commit to creating healthy lifestyle habits.**

When leading a busy lifestyle it can be difficult to stick to a routine but taking care of your own health and wellbeing is so important in order to look after the person you care for and feel the best you can.

**We are here to support you and the people you care for.**

Our team of friendly coaches understand that every journey is unique. That's why the support we offer is flexible and designed to meet the individual needs and goals of every person we support.

**We offer support face-to-face, over the phone and via our handy lifestyle app, Best-You and can arrange your coaching sessions at a time that suits you.**



# Boost your wellbeing & your bank balance

Signing up to one of our programmes won't cost you a penny, and we'll even help you to find ways to save money along the way.

Our support is FREE to access and you won't need to join a gym or invest in expensive equipment to follow any of our programmes.

If you're on a stop smoking journey you **could save up to £4,000\* a year** when you quit for good and we'll provide FREE Nicotine Replacement Therapy\*\* to support you to quit.

If you want to make changes to your diet our coaches will provide lots of budget friendly tips and tricks to help you eat a healthy, balanced diet whilst saving money on expensive convenience food.

**Sign up today and see  
how much you could save!**

[hlscoventry.org](http://hlscoventry.org)

**0800 122 3780**

[info@hlscoventry.org](mailto:info@hlscoventry.org)

(\*based on smoking 20 cigarettes a day, \*\* subject to eligibility)



# Become a HLS Coventry Champion

At HLS Coventry we're on a mission to help as many people as possible across Coventry to feel their best.

If you're a carer and you sign up to one of our programmes **we'll provide you with extra support, guidance and resources to share with the people you care for.** Becoming a voluntary HLS champion is great opportunity to make an even bigger positive impact in your community by helping us reach those who need our support the most.

**Get in touch today  
about becoming a  
HLS Coventry Champion**

[hlsc Coventry.org](https://hlsc Coventry.org)

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