

*betteryou*

VIRTUAL EXERCISE REFERRAL

"I'm already feeling the benefits of my new exercise programme. By taking me gradually through step-by-step routines, it has slowly built up my confidence again."



Get in touch today on  
**01444 477191**

[www.midsussex.westsussexwellbeing.org.uk](http://www.midsussex.westsussexwellbeing.org.uk)

## Feel better

with our Better You virtual exercise referral programme

A bespoke programme of one-to-one consultations alongside 12 weeks of online fitness classes designed to improve your health and mental wellbeing



Programme managed by AHS Wellbeing in partnership with Mid Sussex Wellbeing and Active Sussex



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## Better You may be suitable for you...

- If you have a medical condition that can be improved with regular exercise
- If you struggle with weight management and need support
- If your GP, Healthcare worker or other professional has advised you to be more active

Physical activity has been shown to reduce heart disease, strokes, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.

It can also help people struggling with mental health issues or managing chronic pain, improve sleep, energy levels, motivation and reduce social isolation.

**How does it work?** Your GP or Health professional can refer you to the programme, or you can refer yourself. Once you have been referred, our Better You team will contact you to discuss your needs and plan a 12-week personal training programme specifically designed for you.

Your progress will be supported throughout by your Better You Personal Trainer, who will arrange one-to-one virtual appointments to help you along the way.

You will have 12 weeks access to our online classes via the AHS Wellbeing website or mobile app. Your Better You Personal Trainer will advise on which classes are most suitable to you.

### How much does it cost?

Better You is funded by Sport England and Public Health West Sussex - it's FREE to Mid Sussex residents and you can start straight away!

### Who manages the programme?

AHS Wellbeing deliver the programme in partnership with Mid Sussex Wellbeing and Active Sussex.

Our Team of Better You Personal Trainers are all experienced Level 4 exercise and fitness professionals, qualified in Exercise Referral.



### How can I join?

Ask your GP or Health Professional for a referral, or to make a self-referral contact the Mid Sussex Wellbeing Team:

01444 477191 or

[www.midsussex.westsussexwellbeing.org.uk](http://www.midsussex.westsussexwellbeing.org.uk)