



Bradford Diabetes Prevention Project

with The Healthy Lifestyles Project

One to One support

keep fit
lifestyle

Support confidence

healthy foods

Encouragement



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Adopting a healthy lifestyle

- Tailored programme to each individual
- **Relaxed discussion** around food choices
- Encouragement & support.
- **One to one support** with a nominated lifestyle coach
- Support on a **daily basis**
- Looking at **healthy foods** and ways of cooking
- **Supermarket tours** with the lifestyles coaches
- **Introduction to new exciting activities:** The Bike Library, seated exercise, Zumba.
- **Sign posting** to service events keep fit & **peer support groups**



For Further Information contact

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