



# Healthy Lifestyles Newsletter



– Brought to you by the team

## WELCOME TO THE HEALTHY LIFESTYLES NEWSLETTER

The new year is a perfect time to reflect on all of our achievements throughout the year and think about all the achievements we will accomplish in the New Year. Also the New Year is a great time to launch our healthy lifestyles newsletter.

The newsletter is here to spotlight all of our services, showcase all the work the healthy lifestyle team have done to support our residents and to keep you updated on all our services.

## SERVICE UPDATES



## LEAN LIVING

Are you ready for the LEAN Living sessions this year?

Our LEAN Living programme helps residents to understand nutrition and become more physically active to get healthier.

A new year for many is a time for a new lifestyle. Our residents can start 2023 the right way and know that their time is now! We are here to support our residents through their healthy lifestyle journey.

Residents can sign up to the LEAN Living sessions through the registration form. Click the link to sign up: [LEAN Living Registration Form](#)

You can sign up to the LEAN Living sessions by scanning the QR code:



## LEAN LIVING SUCCESS!

For many of our residents, 2022 has been a success for making lifelong healthy choices. One of our residents had a few words to say about their success in the LEAN Living Course.

"I just wanted to let you know that I found the programme very helpful. I've just received the results of a blood test I had done on Monday and my cholesterol level is now 4.9 I'm very pleased. I've also lost some weight, not as much as I'd initially hoped but the changes to my diet and lifestyle which you've covered on the course are sustainable, so I expect that I'll lose a little more over the coming weeks. I enjoyed the sessions, thank you very much."

The Healthy Lifestyles LEAN Living courses will be up and running for the New Year!





# Healthy Lifestyles Newsletter



– Brought to you by the team

## HENRY PROGRAMME



### HENRY, healthy families right from the start (0-5 years)

Are you ready for HENRY, healthy families right from the start (0-5 years) programme this year?

Our HENRY, healthy families right from the start (0-5 years) programme helps families to understand the importance nutrition and keeping physically active to create and maintain a healthy lifestyle for their family.

A new year for many is a time for a new lifestyle. Our residents can start 2023 the right way and know that their time is now! We are here to support our residents through their healthy lifestyle journey.

Residents can sign up to the HENRY, healthy families right from the start (0-5 years) through the registration form: [HENRY, healthy families right from the start \(0-5 years\) Registration Form](#)

Find out more information on : [HENRY, healthy families right from the start \(0-5 years\) | London Borough of Barking and Dagenham \(lbdd.gov.uk\)](#)

You can sign up to the HENRY, healthy families right from the start (0-5 years) sessions by scanning the QR code:



**Congratulations to the new HENRY, healthy families right from the start (0-5 years) graduates!**

On Saturday 19th November we launched Becontree and Village Community Hubs and families that had completed HENRY, healthy families right from the start (0-5 years) programme were able to be awarded their certificates.







# Healthy Lifestyles Newsletter



– Brought to you by the team



## HENRY, healthy families growing up (5-12 years)

The HENRY, healthy families growing up programme is targeted to residents with children aged between 5 - 12. The sessions consists of activities in which both parent and child understand how to keep healthy while growing up. Find out more information on : [HENRY, healthy families growing up \(5-12 years\) | London Borough of Barking and Dagenham \(lbbd.gov.uk\)](#)

To register onto the programme click here: [HENRY, healthy families growing up \(5-12 years\) Registration Form](#)

You can sign up to the HENRY, healthy families growing up (5-12 years) sessions by scanning the QR code:



## EVENT SUCCESS

### Healthy Lifestyles at the Community Hub Launch

The healthy lifestyles team like many other partners were present at the launch of Village, Becontree and Northbury at Al-Madina Mosque Community Hubs in November. Our Healthy Lifestyles team were able to showcase all the free services we offer our residents during the launches at Village and Becontree on the 19th November. We were able to have real thought-provoking conversations with residents and employees regarding health and creating and sustaining a healthy lifestyle. Our lifestyle coaches were able to give our residents blood pressure readings and measure their BMI.

A week later, we were back again for the Northbury Community Hub launch on Thursday 25th November. Our Front-Line Officers were able to give Carbon Monoxide readings to our residents whilst giving residents information on how we can support them in their journey to stop smoking. As a result, we were able to get some of our residents signed up for our stop smoking programme.







# Healthy Lifestyles Newsletter



– Brought to you by the team

## More photos of the Healthy Lifestyles team at the Community Hub Launches





# MEET OUR LIFESTYLE COACHES!

The NewMe Exercise on referral programme is delivered by qualified coaches. Here is your chance to get to know them!



**JASON**  
HEALTHY LIFESTYLE  
COACH

**About me:**

I have been a Healthy Lifestyle Coach for over 10 years and love helping people get fitter and healthier both physically and mentally.

**Specialties:**

In addition to this I run the Cardiac Rehab program at Becontree Heath Leisure Centre and teach chair based and Supple Strength in the local community for the Young at Heart program.

**Qualifications:**

Level 3 Exercise on Referral

Level 4 Cardiac/Pulmonary Rehab/Cancer

Level 4 Exercise and nutritional Interventions for obesity and diabetes

Level 3 Pre and Post Natal

Level 3 Exercise for the older adult

Level 3 Nutrition and Weight Management

Level 3 YMCA Supple Strength, Circuit training, Exercise for disabled clients

Momenta Weight Management facilitator

Boxercise



**BARBARA**  
HEALTHY LIFESTYLE  
COACH

**About me:**

I have been in the fitness & rehabilitation industry since 2008 and have worked with various background groups assisting with their diet and fitness needs at many levels.

**Specialties:**

I help to improve their confidence and motivation, putting them at ease and making their workout enjoyable and sustainable. As a Healthy Lifestyles coach your health concerns is what I want to help you with. I look forward to providing you with support.

**Qualifications:**

Level 1 Stop Smoking support

Level 2 Gym Instructor

Level 3 Advanced Gym instructor

Level 3 GP Referral instructor

Level 3 Exercise People with disability

Level 4 Cardiac Rehabilitation phase 4

Level 4 Pulmonary Rehabilitation

Momenta Weight Management facilitator



**MARILYN**  
HEALTHY LIFESTYLE  
COACH

**About me:**

I worked as a gym instructor and personal trainer before training as a GP Referral Instructor.

I then started working for LBBB 7 years ago, and started as a GP Referral coach (now called Healthy Lifestyle Coach). I wanted to help people which is why I trained in this job and over the years I believe myself and my colleagues have helped many people.

**Specialties:**

I also trained in cancer referral and now run a session each week offering exercise for patients living with cancer.

**Qualifications:**

Level 4 Cancer Rehab

Level 3 Nutrition and Weight Management

Level 3 Exercise on Referral

Level 4 Exercise and nutritional Interventions for obesity and diabetes

Level 3 Exercise for the older adult

Momenta Weight Management facilitator

Pilates and Meditation



**AFSAR**  
HEALTHY LIFESTYLE  
COACH

**About me:**

I have always had a passion for fitness since playing football and being very active during school. Over the last 5 years I qualified as an instructor and underwent a graduate programme to gain as much knowledge as I can regarding all aspects of health.

**Specialties:**

I learned how to create exercise programmes specific to an individual's needs, focus on diet and a healthier lifestyle. I like to take a more holistic approach to training as I have learnt from my martial arts training, which influences and enables me to help clients more effectively.

**Qualifications:**

Level 2 Gym Instructor

Level 3 Personal Trainer

Level 3 Nutrition

Level 3 GP Referral



# MEET OUR LIFESTYLE COACHES!

The NewMe Exercise on referral programme is delivered by qualified coaches. Here is your chance to get to know them!



## **SANDRA HEALTHY LIFESTYLE COACH**

### **About me:**

Hi, my name is Sandra, I work for Barking and Dagenham Council Healthy Lifestyle team as a GP referral coach.

### **Specialties:**

My aim is to support clients with their medical condition through exercise in a gym setting and facilitate their weight management in a classroom setting. Whilst supporting my clients on the 12-week gym/adult weight management programmes, my clients have achieved great progress with taking control of their medical conditions and weight management. It gives me great pleasure to work with my clients through their journey. I will continue to be supportive, understanding and sympathetic towards each of my client's needs. Together we can make a difference to your daily life.

### **Qualifications:**

Gym Instructor  
GP Referral Coach  
Momenta Adult Weight Management facilitator.



## **DEAN HEALTHY LIFESTYLE COACH**

### **About me:**

I have always been keen to support the local community in regards to healthy living and reaching potential goals. My job as a frontline officer/lifestyle coach is to educate, motivate and help you to create lifestyle changes whilst building your confidence. The physical fitness will support your balance and mental health stability. My job is for you to gain enjoyment in keeping physically healthy.

### **Specialties:**

Weight loss  
Educating and healthy lifestyle changes  
Exercises for people with a disability  
Chair bases for older adults  
Individual specialised programme

### **Qualifications:**

Level 2 gym instructor  
Level 3 personal training  
Level 3 exercise on referral  
Level 4 Exercise People with disability  
Chair bases exercise  
First aid



## **BRADLEY HEALTHY LIFESTYLE COACH**

### **About me:**

I have always had an interest in Weightlifting and all aspects of Fitness Training. This quickly turned in to a serious passion, since then I have dedicated myself to gaining as much knowledge as possible.

### **Specialties:**

Over the last 10 years I have gained a deep understanding of the most efficient ways to train individuals and to help them to reach their goals, whether that be nutrition, weight loss, building muscle mass or improving any conditions they may have. I have a natural ability to coach, motivate people to understand and trust in my methods of training. I will strive to make the lifestyle changes that people need through goal specific training programs.

### **Qualifications:**

Qualified Lifeguard NPLQ  
Level 2 Gym Instructor  
Level 3 Personal Trainer  
Level 3 Nutrition  
Level 3 GP Referral





# Healthy Lifestyles Newsletter



– Brought to you by the team

## FURTHER SERVICE UPDATES



### YOUNG AT HEART PROGRAMME



The Young at heart programme has a range of activities that are suitable for residents age 60+ but everyone is welcome! Activities include: Zumba Gold, Yoga Darts, Bingo and much more. Click her to view our current timetable [Young at Heart | London Borough of Barking and Dagenham \(lbbd.gov.uk\)](http://lbbd.gov.uk)



### Updates

Get regular updates on Twitter @LBBDCCs



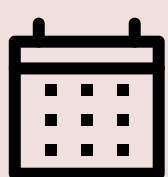
## STOP SMOKING

Stopping smoking is one of the best things you will ever do for your health. When you stop smoking, you give your lungs the chance to repair, and you will be able to breathe easier. So make this January your fresh start and join the thousands who are quitting. You will receive one to one support and nicotine replacement therapy to help you on your journey. It's never too late to quit. You've got this!

Find out more information on : [Stop smoking | London Borough of Barking and Dagenham \(lbbd.gov.uk\)](http://lbbd.gov.uk)

To register onto the programme click here: [Stop Smoking Registration Form](#)

You can book a free consultation by scanning the QR code:



## What's in for you next month?

**February:** LEAN Living: February Session at Thames Community Hub on 20th February.

**February:** Chair Based Exercise at Thames Community Hub (12:30PM - 1:30PM) - "What we enjoy about the sessions?"

**February:** New Me: Residents stories of their healthy lifestyles journey.

**February:** Meet the healthy lifestyle programme facilitators

