

Crewe:

Families, are you looking to be healthier together?

Join One You Cheshire East's free, 12-week physical activity and healthy eating programme Let's Get Movin'. Supporting your family in making healthier choices.

Receive help, support and advice on nutrition and access age-appropriate physical activity sessions, including:

- Trainer-led multi-sport sessions
- Swimming
- Racquet sports
- Gym

Access weekly online 'Learn with Me' sessions around healthy eating, portions, meal planning, eating as a family and more. Plus, cookery classes.

Available for families with a Crewe postcode.

Find out more here: [Family Weight Management - One You Cheshire East](#) or call [0300 123 5026](#)

Nantwich, Knutsford, Poynton and Wilmslow, Crewe:

Do you want to become active?

Being active has so many health and wellbeing benefits, it's never too late to start and One You Cheshire East are here to help.

Did you know, you may be eligible for our free, 12-week Active Lives programme?

The programme is delivered by coaches who are fully qualified in prescribing exercise, including for people with medical conditions. Providing tailored support, advice and designing and guiding you through your own personal exercise plan.

Activities include Group Exercise Classes, Swimming, Racquet Sports and more.

Available in a range of Leisure Centre's, including Everybody @ Crewe West, Wilmslow, Poynton, Knutsford and Nantwich Leisure Centre.

Find out more here: [Active Lives - One You Cheshire East](#) or call [0300 123 5026](#)

Poynton, Goostrey and Holmes Chapel:

Do you know someone who wants to improve their balance and mobility?

Increase confidence, remain independent and in your own home for longer with One You Cheshire East's free, 26-week evidence-based Otago exercise programme, Stand Strong.

ONE  CHERSHIRE EAST



Take part in strength and balance classes, receive prescribed home exercises as well as education on how to reduce risk factors for falls.

Available in a range of community venues across Cheshire East, including in Poynton, Goostrey and Holmes Chapel or take part online, with weekly live classes and access to on-demand videos.

Find out more here: [Falls Prevention - One You Cheshire East](#) or call [0300 123 5026](tel:03001235026)