

PART OF THE ONE YOU  
LINCOLNSHIRE FAMILY



MOVE  
MORE



EAT  
WELL



DRINK  
LESS



STOP  
SMOKING

## STOP SMOKING

YOUR VERY OWN 1:1 STOP  
SMOKING PRACTITIONER

ACCESS TO NRT

12 WEEK PROGRAMME



## EAT WELL, LOSE WEIGHT

DIFFERENT OPTIONS DEPENDING  
ON PREFERENCES.

LEARN ABOUT HEALTHY HABITS  
WITH REAL FOOD



## HEALTH COACHES

WORK WITH YOU 1:1 ON MOTIVATION, MENTAL BARRIERS, AND GETTING TO THE NITTY GRITTY OF HOW AND WHY YOU WANT TO MAKE THESE HEALTHY LIFESTYLE CHANGES.

## MOVE MORE

1:1 SESSIONS

GROUP SESSIONS

ONLINE GYM

GET HEALTHY GET ACTIVE -  
CONNECTS YOU TO YOUR LOCAL  
ACTIVITIES

## DRINK LESS

CRAVING MANAGEMENT

DRINK LESS APP

WORKSHOPS



**ONEYOU** LINCOLNSHIRE



SCAN ME

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