

Halton and St Helens Healthy Weight Strategy Vision 2012

Our vision for Halton and St Helens is to enable local people to stay fit and healthy. We will work with the borough council, voluntary groups and local businesses to make sure everyone has increased opportunities to lead active lives and eat more healthily. We will train staff and local people to deliver healthy eating and staying active messages. We will provide a range of weight management programmes for children, families, young people and adults who want to lose weight.

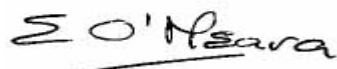
Please tick the boxes below to support this vision.

1. I want to see more opportunities to local people to get fit.
2. I want to be able to eat more healthily in Halton and St Helens.
3. I think it's a good idea to train staff and local people to deliver messages on healthy eating and staying physically active.
4. I would like to have weight management programmes available in Halton and St Helens.

Please add further comments on this vision in the box below

Please reply to lynne.woods@hsthpcr.nhs.uk or post to Halton & St Helens PCT, Lynne Woods, Public Health Department, Victoria House, Holloway, Runcorn, WA7 4TH.

Thank you



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