Bromley-by-Bow Centre
St. Leonard’s Street, Bow E3 3BT

HEALTHY LIFESTYLES
Formerly Exercise on Prescription
25th Anniversary of health promotion at the BbBC
Supporting Personal Development for Health and Wellbeing
Person-centred and Group Support

Included are:

- Support to reduce your risk factors that lead to poor health
- Personalised advice to help you manage limitations that are caused by your health condition
- Group support and practical sessions to encourage proactive approach to health and wellbeing

Where: Bromley-by-Bow Centre, Main Hall
When: Tuesdays
Time: 10:30 – 12.0 o/c
Cost: £2 per session
Contact: Krys.Giaro@bbbc.org.uk

Prevention is better than cure ...

Health in Balance
Health promotion service since 1992
www.healthinbalance.org.uk

Promoting Health & Prevention of Illness
Choices - Self-care - Independence

Our Aim
To provide the opportunity for people with mixed abilities to access specific-target training activities that support them in coping better with long-term conditions and help them regain some control over their lifestyle choices.

Types of prevention

- **Primary prevention** aims to reduce the risk factors that lead to ill health through encouragement of healthier lifestyles, better food choices, weight control and proactive approach to coping with health challenges.
- **Secondary prevention** aims to enable individuals with long-term conditions to reduce the impact of functional limitations on their lifestyle through development of preventative strategies for optimum health and wellbeing.

Who can benefit from the activity?
If you have ...

- Body Mass Index over 25
- History of hypertension
- Raised cholesterol level
- Poor eating habits
- Type 2 Diabetes
- Low levels of physical activity