

# Reading Health and Wellbeing Information Resources and Referral Links



**Reading**  
Borough Council  
Working better with you

## Reading Services Guide

Comprehensive online resource which includes information, advice, support on local services. Includes latest news and events.

Please visit [www.reading.gov.uk/servicesguide](http://www.reading.gov.uk/servicesguide)

## Losing Weight

### Change4Life Food Scanner app

The Change4Life Food scanner app is designed to show quickly and easily how much sugar, saturated fat and salt is inside food and drink – simply by scanning the barcode. Downloadable for FREE from iTunes and Google Play store.



### One You Easy Meals app

Eat Healthier versions of the food you love. You'll find delicious, easy meal ideas. It offers users tips and advice. You can search by meal time, create shopping lists and find your favourite recipe.

Downloadable for FREE from iTunes and Google Play store.



### Losing Weight – Getting Started

An NHS Choices 12 week weight loss guide combines advice on healthier eating and physical activity. There is a weekly plan full of advice and tips, plus a brilliant stick-it-to-the-fridge planner to help you track your weekly progress. FREE download from:

<https://www.nhs.uk/Tools>



### Nutra Check

Check the calorie value of over 150,000 food and drinks, using a handy calorie checker. You can even search branded products. FREE download from [www.nhs.uk/Tools](http://www.nhs.uk/Tools)



## My Fitness Pall

This is a smartphone app and website that allows users to track both diet and exercise. There is a basic programme which is **free** to use or you can pay to add other features. The smartphone app has a barcode scanner for tracking on the go and a database of over 5 million different foods. It works in conjunction with a number of other products such as Fitbit to help user track and stay motivated. Visit [www.myfitnesspal.com/](http://www.myfitnesspal.com/)



## Weight Watchers

Weight Watchers offers a flexible programme with support being provided through online and face to face meetings in the community. For more information visit <https://www.weightwatchers.com/uk/>



## Slimming World

Slimming World offers a flexible approach to weight loss providing support both online and in groups. For more information visit [www.slimmingworld.co.uk/](http://www.slimmingworld.co.uk/)



## Physical Activity Exercise

The team at **Reading Leisure Services** offer all types of support and programmes which are helping Reading people of all different ages and fitness levels to get active. Whether it's yoga, walking, swimming or working out in the gym, they can help you find what suits you.

The team can be contacted via email at [rsl.enquiries@reading.gov.uk](mailto:rsl.enquiries@reading.gov.uk) or phone 0118 937 5197. You can also visit <http://www.readingleisure.co.uk/>

Programmes currently available via RSL include:

### Reading's Pathway Exercise Referral Programme

Pathway is aimed at those who have or are at risk of developing a medical condition which requires a referral from their doctor to take part in supervised physical activities.

There are multiple choices of activities to suit mobility. All participants must be aged 16 years and over and be a Reading Borough Council resident. There are charges for activities within this programme.

Search for more information on [www.readingleisure.co.uk](http://www.readingleisure.co.uk)

## Everybody Active

The Everybody Active programme is ideal for adults with disabilities who wish to take part in weekly leisure activities. Activities include cycling, boccia, trampolining, gym and football. Search <http://www.readingleisure.co.uk> for venues, days and times.

## Reading Walks Programme - *Walk Your Way to Health*

Our group walks are led by friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind. Our walks are short and over easy terrain, and are open to everyone but are especially aimed at those who are least active.

Search [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) for your nearest walk.

## Active 10

Did you know that walking briskly for just 10 continuous minutes' counts as exercise? This app is designed to help people fit Active 10 into their day and walk their way to health.

Downloadable for **FREE** from iTunes and Google Play store or visit [www.nhs.uk/oneyou/active10](http://www.nhs.uk/oneyou/active10)



## Couch to 5k

Design for people who have never run or want to get back into running. This app aims to get people off the couch and running in just 9 weeks. It offers step by step instructions for all levels of fitness. Downloadable for **FREE** from iTunes and Google Play store or search [www.nhs.uk/live-well](http://www.nhs.uk/live-well) for downloadable resources.



## Get Berkshire Active

Get Berkshire Active aim to connect people to community programmes and events, getting more people across Berkshire more active. For information about what's available near you search <http://gba.sportsuite.co.uk/activities>



## Park Run UK

Parkrun UK organise free, weekly 5km timed runs all around the world! There a number of events held weekly across Reading and Berkshire. Everyone is welcome, runners and supporters included. For more information on your closest run and how to get involved visit here: [www.parkrun.org.uk/](http://www.parkrun.org.uk/)

## Strength and Flexibility

Fancy a free personal trainer? Download the NHS Choice's Strength and Flexibility podcasts and get your own personal trainer without the expense.

Let Laura talk you through a series of equipment-free exercises to improve your strength and flexibility. Workout instructions and timings are easy to follow to ensure you perform each exercise correctly and keep up.

By podcast 5, you'll be doing press-ups, squats and stretches with ease, feeling stronger, more flexible and full of energy. Search [www.nhs.uk/Tools](http://www.nhs.uk/Tools) for downloadable information.



## Food4Families

Food4Families run allotments across Reading where people can learn to grow food together. Whatever your age or ability there is always help and advice available - you don't need to know anything about gardening or have your own tools. Why not get fit spending time with others then take home the produce from the garden.

Food4Families also provide free cookery classes to give you new ideas and recipes on how to include fresh fruit and vegetables in your meals. For more information visit:

<https://www.food4families.org.uk/> or phone 0118 958 6692



# ReadingServicesGuide

Social groups \* clubs \* activities \* support \* services

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