

**FREE ONLINE  
PROGRAMME**  
(for a limited  
time only)

**Steps4Health**



**Did you know as little as 10 minutes  
of brisk walking daily can increase  
life expectancy by several years?**

➤ Improve your health by taking a step towards  
an active lifestyle with **Steps4Health**.

Proudly brought to you by:



Leicester Diabetes Centre

**NHS**

Leicester, Leicestershire  
and Rutland

**Steps4Health** is a free online programme for anyone over 18 wanting to become more active or anyone living with a long-term health condition such as obesity or diabetes. **Steps4Health** provides a personalised physical activity programme and ongoing support to help improve your health by becoming more active.

### What's included?

- A personalised physical activity programme tailored to your fitness and mobility level
- Our walking programme will help you increase your steps gradually for health benefits
- Our online exercise sessions cater to all abilities, from seated workouts to full-body exercises. These sessions are available on demand for use at a time that suits you
- Track daily activity including walking, sitting, workouts, and sleep
- Set daily activity goals and notifications that fit to your ability and lifestyle
- Direct access to the physical activity experts from the Leicester Diabetes Centre
- Competitions, challenges, and award notifications to keep you motivated on your fitness journey.
- Interactive content about getting and staying active

### How does Steps4Health work?

**Steps4Health** can connect with your Fitbit, mobile phone or other activity monitors via Google Fit. **You can also use Steps4Health without an activity monitor.**

**Steps4Health** will ask questions about your mobility and activity levels before generating an activity plan appropriate for you.

How can I sign up?

Scan the QR code or visit

<https://leicesterdiabetescentre.org.uk/s4h>

