

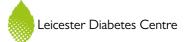




Improve your health by taking a step towards an active lifestyle with Steps4Health.

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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

