

“This was the best thing I could’ve done to improve my health”

FREE
9-month
group
programme

Free new programme

The Momenta Cardiovascular Disease (CVD) Prevention programme will give you all the knowledge, skills and tools you need to reduce your risk of having a heart attack or stroke and help make your heart fitter and stronger.

You’ll do this over the course of 18 fun, interactive group sessions with other people who share this goal. Each 1-hour session will introduce you to a nutrition, physical activity or behaviour change topic to help you change your lifestyle to improve your health.

You’ll have the chance to think about what this information means for you and how to put it into practice, supported by comprehensive resources and tools including a premium activity app.

All at no cost to you.

Previous participants have told us that they also lose weight, sleep better and generally feel fitter, healthier and happier.



What now?

The NHS is paying for 700 Birmingham and Solihull residents to attend Momenta for FREE. You may be eligible for a referred or self-registered place if you:

- ♥ Are aged 18-80 with high blood pressure
- ♥ Are above a healthy weight
- ♥ Are able to exercise
- ♥ Are willing and able to attend 18 in-person or Zoom sessions over 9 months
- ♥ Meet certain other conditions.

To qualify for a FREE place you need to start soon.



For more information and a full list of eligibility criteria please visit:

www.momentanewcastle.com/cpp-bsol

Email: cpp.bsol@momentanewcastle.com

Tel: 0121 289 2505

Momenta

MOMENTA CVD Prevention

In partnership with:



ACCELERATED
ACCESS
COLLABORATIVE

Working in partnership with
 Birmingham
City Council

NHS
Birmingham and Solihull

Nutrition

Paying attention to which foods we eat, as well as how much we eat, can help us reduce our risk of developing health problems like high blood pressure, raised cholesterol and Type 2 diabetes. But do you really know what's healthy and what's not?

Experts developed Momenta to help you:

- ♥ Know what's in the foods you eat and how to avoid eating too much of anything
- ♥ Choose foods that fill you up for longer and learn how to make varied, well-balanced food choices instead of simply counting calories or cutting out entire food groups
- ♥ Recognise that when and why you eat is as important as what you eat.

"I've finally broken my yo-yo cycle of dieting and feel more healthy and energised"

Physical activity

Most of us know people who exercise regularly have stronger, healthier hearts than those who don't. But you don't have to train like an athlete to get these benefits. In fact, science tells us that if you currently don't get much exercise you've got the most to gain by starting to do something.

Over the course of the programme your Coach will help you:

- ♥ Understand how much and what type of activity you need
- ♥ Think about activities that are safe and achievable for you
- ♥ Find the best ways to include more activity in your daily routine.

"I really enjoy being more active - and now I'm reaping the rewards"

Mind

This programme is based on the principles of behavioural science. You'll discuss how to change behaviour, how to get support for that and how to stay motivated.



You'll also explore:

- ♥ How stress can get in the way of making lifestyle changes - and solutions to help you
- ♥ What triggers our behaviours, because all of our actions are influenced by something, and how we can manage them
- ♥ Ways to get better quality sleep - one of the most helpful things we can do for our bodies.

"I've learned how to beat cravings and temptations - I feel so much happier!"

