

One You Cheshire East- Eligibility Criteria

Move More (Physical Activity)

- To be eligible, you must be 18+ and currently lead a low or inactive lifestyle, participating in less than 60 minutes of moderate exercise per week (*Moderate exercise involves activity that will raise your heart rate).

Stand Strong (Falls Prevention)

- For those 65+ 'For those 65+ who have experienced one or more of the below:'
 1. Have you had 2 or more falls within the last 12 months?
 2. Do you have difficulty walking or with balance?
 3. Do you worry about falling?
 4. Can stand and take instruction from a coach?
- You may also be eligible if you are under 65 and have a specific health condition that is linked to an increased risk of falls.

Be Smoke Free (Smoking Cessation)

- A smoker and motivated to quit/reduce harm caused by cigarettes.
- Smokers from the age of 12 upwards who wish to stop will be offered medicinal and behavioural support.
- You can re-apply to this programme a maximum of three times within a 12 month period.

Adult Weight Management & Family Weight Management

- Adult Weight Management:
 - BMI 25+ (23 BAME populations) – secondary screening will take a waist measurement.
- Family Weight Management:
 - At least one child/ young person in a family must be above a healthy weight
 - This child/ young person should be aged less than 18 years and be aged 4 and over.

Maternal Health

- Women who are pregnant and smoke or are physically inactive (conducting less than half an hour's exercise a week).
- Women up to 12 months after giving birth who smoke or have a BMI of 25 or above.