

# Body

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A multi-faceted approach to maintaining a healthy body including exercise, tips on diet and nutrition and strategies to kick those unhealthy habits.

## Exercise

### **Project Awesome** [6]

Free outdoor fitness classes in London.

### **My Fitness Pal** [7]

Free calorie counter, diet and fitness recorder.

### **Couch to 5k** [8]

The Couch to 5K app offers step-by-step instructions to get you running in just 9 weeks.

### **NHS cycle to work** [9]

Discounts on buying a bicycle through this salary sacrifice scheme for NHS employees. Contact your local employer for your code.

### **Cycle Skills** [10]

TfL's safe cycling programme, including free cycle skills classes for all abilities.

### **Parkrun** [11]

A free weekly 5k, open to everyone of all ability across London's parks and green spaces.

## Unhealthy habits

### **Smoking cessation** [12]

The Smoke Free website offers advice and practical support to help you stop smoking.

### **Drinkaware** [13]

Free app to track your alcohol consumption and spend over time.

### **Frank** [14]

Friendly, confidential drugs advice.

## **GamCare [15]**

Leading national provider of information, advice, support and free counselling for the prevention and treatment of problem gambling.

Diet and nutrition

Top tips [16] for healthy eating on a budget.

## **Dietary advice [17]**

Diet and nutrition advice and information for all, not just doctors.

## **Healthier takeaways [18]**

An overview of a healthier approach to takeaways.

## **Change4Life apps**

Free apps by Public Health England with over 160 calorie counted recipes for breakfast, lunch and dinner and a food scanner to help you make healthier food and drink choices

? Change4Life Be Food Smart [19]

? Change4Life Smart Recipes [20]

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**Source URL (modified on 27/09/2018 - 13:42):** <https://www.hee.nhs.uk/our-work/learner-health-wellbeing/body>

## **Links**

[1] <https://www.hee.nhs.uk/our-work>

[2] <https://www.e-lfh.org.uk/>

[3] <https://www.healthcareers.nhs.uk/>

[4] <https://www.hee.nhs.uk/news-blogs-events>

[5] <https://www.hee.nhs.uk/about>

[6] <http://www.projectawesomehq.com/>

[7] <https://www.myfitnesspal.com/>

[8] <https://itunes.apple.com/gb/app/one-you-couch-to-5k/id1082307672?mt=8>

[9] <https://www.cyclescheme.co.uk/>

[10] <https://tfl.gov.uk/modes/cycling/cycling-in-london/cycle-skills>

[11] <http://www.parkrun.org.uk/>

[12] <https://www.nhs.uk/smokefree>

[13] <https://www.drinkaware.co.uk/tools/app/>

[14] <http://www.talktofrank.com/need-support?ID=108>

[15] <http://www.gamcare.org.uk/>

[16] <http://www.nhs.uk/Livewell/eat4cheap/Pages/cheap-food-shopping.aspx>

[17] [http://www.support4doctors.org/detail.php/26/diet-and-nutrition-for-busy-doctors-part-one?category\\_id=16&subcategory\\_id=495](http://www.support4doctors.org/detail.php/26/diet-and-nutrition-for-busy-doctors-part-one?category_id=16&subcategory_id=495)

[18] <http://www.nhs.uk/Livewell/men1839/Pages/Dodgytakeaways.aspx>

[19] <https://itunes.apple.com/gb/app/change4life-be-food-smart/id1182946415?mt=8>

[20] <https://itunes.apple.com/gb/app/change4life-smart-recipes/id583000807?mt=8>