

WELLBEING APPOINTMENTS

chichester wellbeing

Small changes make a big difference

**NOW
EVERY
MONTH**

Due to popular demand, we are proud to host a monthly clinic here at Loxwood Medical Practice for free 'Wellbeing' appointments with the advisors from the Chichester Team.

This half hour, one to one, friendly advice and support consultation is available to any patient over the age of 18 years, except those who are currently pregnant, have a pace maker fitted, have metal joints or any artificial limbs.

Your health 'MOT' appointment will be undertaken using a Tanita Body Composition Monitor, which uses electrical resistance in your body to measure body composition.

The analyser prints out a copy of your results. To help you understand these the Wellbeing Advisor will explain what each outcome means to you personally at the time of your appointment.

The Wellbeing Advisors are not medically trained. Their advice and information aims to support and motivate you to lead a healthy lifestyle. If you or they have any medical concerns you will be referred to one of our Doctors or Nurses.

These are the areas that the Tanita Body Composition Monitor will analyse:

- ◆ *Age*
- ◆ *Height*
- ◆ *Weight*
- ◆ *BMI*
- ◆ *Muscle Mass: a useful figure to be monitored over time if you are increasing exercise*
- ◆ *Hydration: as little as 2% dehydration can cause lack of concentration or energy*
- ◆ *Bone Mass: this is not an indication of hardness or strength of your bones*
- ◆ *BMR: Basal Metabolic Rate is the number of calories required when you are at rest*
- ◆ *Metabolic Age*
- ◆ *Visceral Fat Reading: this is the fat stored around your organs*

For further information call reception on 01403 752246 or email loxwood.billingshursttxt@nhs.net or www.chichesterwellbeing.org.uk