

TECHNOLOGY

Hey there, I'm Sweatcoin, a free mobile app. I'll be your close friend for the next 10 weeks.

Take me wherever you walk so that I can give you **Sweatcoins** for your steps, which you can then use to buy really cool products. The more you walk the better the prizes!

We will also share some recap videos with tips for healthy living and weekly quiz questions. If answered correctly, it will increase your **Sweatcoins**.

Be among the first to receive your own personal videos containing information about how you're doing on the programme.



COMMUNITY CONNECTIONS



- **By taking part with others from your local area you will meet new people, create relationships and build a community spirit. Helping you and your neighbours become healthier and happier!**
- **All supporting information will be tailored to your local area so you can easily use it in everyday life.**

Programme developed in collaboration with:



NHS South West London
Integrated Care Board



**Prevention
Decathlon**

Cardiovascular

A FREE 10-week programme
for body and mind



To sign up, please email:
scwcsu.cvddecathlon@nhs.net
or call: 0330 236 9102

WHAT WE DO

- Guide you through a 10-week interactive programme of health and wellbeing information with **fun and social activity sessions**
- Share ideas to help you make small changes to **improve your health**
- Introduce you to opportunities in your local area to help you **maintain positive change**
- Make use of exciting new technology to help motivate you to **improve your health and wellbeing**

“The Prevention Decathlon has changed my life. I’ve made some really positive, healthy changes to my lifestyle, I’m more physically active and have made a great group of friends. It’s also really nice to be rewarded for my efforts through Sweatcoin.”

Prevention Decathlete



10.3_{kg}

Largest amount of individual weight loss achieved after completing the programme

Decathletes increased their physical activity levels by up to

45%

GUIDANCE

Over 10 weekly sessions our expert healthcare professionals will help you:

- Understand what **Cardiovascular disease** is and why you are at risk
- Make **small changes** to improve your health
- Make **healthier** food choices
- Understand how mood can **impact your health**

ACTIVITY

Each week will include an activity session delivered by a specialist sports facilitator. This will include:

- The opportunity to become **more active** through fun and engaging games
- Activity suited to **all levels** of ability and fitness
- Over 10 weeks you will try 10 different **activity sessions**, to find which you like best



**COACHING / ACTIVITY /
COMMUNITY / PEER SUPPORT /
WELLBEING / TECHNOLOGY**