

Weight management... Next steps

Nuffield Health gyms at Network Rail

There are currently Nuffield gyms situated at the following sites:

- [Milton Keynes](#)
- [York ROC](#)
- [Three Bridges ROC](#)
- [Basingstoke ROC](#)

For information on the site please click on the links above or contact andrew.peacock@nuffieldhealth.com

Your local Nuffield Health

Find your nearest Nuffield Health Club using the link below:



You can also claim a free [7 day pass](#) to try out your local facilities!

OH Assist Portal

OH Assist offers Network Rail a wide range of services to meet your Occupational Health (OH) needs. This is your dedicated OH service tool where you will find lots of information to help you understand how to manage the impact of health on work, and work on health.



Network Rail Health Portal

Information on managing common health issues, ways to lead a healthy lifestyle and tips on how to reach your peak performance can be found on the Health and Wellbeing Portal.



Wellbeing Support

Use your smartphone to track your wellbeing using the recommended [Fitness Pal app](#)



Read the [Wellbeing Fact Sheets](#)

Contact a senior wellbeing advisor from Nuffield Health who can help answer any health and wellbeing questions you have

[Virtual Wellbeing Advisor](#)



Health Trackers

Whether you want to use heart rate to take your fitness to the next level or just want to see how your steps add up each day, there's a Fitbit tracker for your goals.



Aches & Pains?

Get fast access to advice and support from the Network Rail [Physiotherapy service](#) from RehabWorks. Your line manager can refer you using the [referral form](#).

