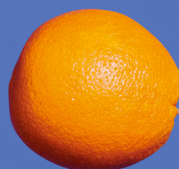


**Better
Health**

Let's
do this



This is my fresh start



Not sure how to eat healthier?
Start with simple swaps.

Get help and support at
nhs.uk/BetterHealth