

step up
to the

30 day health challenge

1

Choose your challenge

- ☐ Healthy weight
- ☐ Drink less alcohol
- ☐ Quit smoking
- ☒ Eat healthily
- ☐ Be more active

2

Sign up for expert
guidance, tips
and support throughout
the challenge period

Boost your health
this year with
FREE support
Sign up today



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Norfolk County Council
Public Health

ready to
change
your way to better health

