

Ready to step
up to the



Norfolk County Council
Public Health

A decorative graphic consisting of five colored triangles (pink, green, blue, orange, and yellow) arranged in a semi-circle, resembling a sunburst.

30 day health challenge?

Sign up
to the

30 day health challenge

ready to
change
your way to better health



Norfolk County Council
Public Health

Make a positive
health change with
our **FREE** support.

1

Choose your challenge

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

2

Receive weekly expert
guidance, tips and
support by email
throughout the
challenge period

sign up
today

readytochange.co.uk

