

HEALTHY EATING

CAMPAIGN ACTIVITY IDEAS



Better Health
at Work Award

**BETTER HEALTH AT
WORK AWARDS -
PRIMARY CARE**

betterhealthatworkaward.org.uk



ACTIVITIES → CAMPAIGNS → HEALTHY CHANGE

This guide contains some ideas of activities you can run in your workplace to promote workplace health and wellbeing and form a campaign.

There are many other campaign resources on the Better Health at Work Award Portal.

Your Campaigns are the most visible part of your workplace health and wellbeing activity and are made up of 2-3 activities all focused on the same topic or theme.

Activity

**A single action eg. putting up posters/
sending an info-email/organising an event
on a chosen theme**

Campaign

**Made up from a minimum of 2-3 activities
all focussed on the same topic/theme**



HYDRATION CHALLENGE

Aim

Being well hydrated can help employees to work to their full potential, feel healthier and be more energised.

This challenge helps raise awareness of hydration guidelines and challenges employees to increase their daily fluid intake over a month.

Action 1

Click on the link below to download the challenge sheets. This can also be downloaded from the British Heart Foundation; [Health at Work - hydration challenge | BHF](#)





HYDRATION CHALLENGE

Action 2

Advertise the campaign to your colleagues via email, posters and any other communication channels you use. An *example email* is in the resource section.

Ask your colleagues to email you to sign up.

You need to keep a record of participants for your evidence.

Once people request to sign up email them the

BHF Hydration Challenge PDF.

Action 3

Throughout the challenge, you can send helpful hints and tips in an email as per the *hints and tips in the* resource section.



HYDRATION CHALLENGE

Action 4

Request that colleagues send in their completed challenge sheets, or for those who don't wish to share info ask them to complete a simple questionnaire asking how they felt they benefitted from the campaign. A simple vote could be done via email in outlook. Keep this feedback as evidence.

What next?

Why not put up the 'dehydration urine colour chart' around your workplace. Back's of toilet doors, above the photocopier and staff rooms are good places. This will help staff remember to keep hydrated. See the Urine colour chart in the resource section.



HYDRATION CHALLENGE

What next?

Cont....

If your workplace has a budget, a new free water bottle is always a great motivation to drink more water at work.

Remember

Look for ways of evidencing this campaign -

- Encourage staff to send pictures of their desk with water as a healthy swap for tea/coffee
- Keep sign up emails in an evidence file and keep a log of participants
- Email staff weekly throughout the challenge to encourage them
- Think of staff members who may not be based in the surgery and who may not access emails regularly
- Plan your next steps to ensure hydration stays a focus in your workplace

Action 2 Example Hydration Challenge email

I'm so excited to announce our next campaign towards the Better Health at Work bronze Award:

The Hydration challenge.

This campaign aims to help you reap the benefits of drinking more water by encouraging you to drink more at work and home.

Water makes up two-thirds of our body. We must drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid or by losing fluids and not replacing them.

Good hydration prevents:

- urinary tract infections (UTIs)
- headaches
- constipation
- dizziness that can lead to falls
- confusion
- kidney stones
- pressure ulcers/skin conditions
- poor health

For more information on why you should stay hydrated please visit [Hydration | NHS inform](#)

If you want to feel healthier then sign up for the challenge by replying to this email.

Action 3 Helpful tips

-
- Twice throughout today can you fill a bottle of water and commit to drinking it all during the day?
- Can your team have a 'water only' day this week?
- Many soft drinks, including instant powdered drinks and hot chocolate, are high in sugar and kcals, water is not.
- Some energy drinks are high in both sugar and caffeine. Checking the nutrition labels on soft drinks such as fruit juices and fizzy drinks can help you make healthier choices.

Portal

There are many campaign resources on the Better Health at Work Award Website under the resource section.

You can access this with your health advocate login.

<https://www.betterhealthatworkaward.org.uk/>

Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.



Doing ok. You're probably well hydrated. Drink water as normal.



You're just fine. You could stand to drink a little water now, maybe a small glass of water.



Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit www.urinecolors.com





HEALTHY FOOD SWAPS

Aim

A well-balanced diet provides all of the:

- the energy you need to keep active throughout the day
- nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness, such as some cancers
- Keeping active and eating a healthy balanced diet can also help you to maintain a healthy weight.

In this campaign which runs over four weeks, staff can help each other by swapping ideas for healthy food swaps across all meals and snacks.

Ending in a great free healthy food swap resource that they can share with friends and family.





HEALTHY FOOD SWAPS

Action 1

Promote the campaign to staff via your usual communication channels.
Ask Staff to send in their favourite healthy recipes for breakfast and share them amongst your staff.
Ask for photos where possible too.

Action 2

Choose 3-4 recipes to share and ask staff to try and review them.
Ask staff to send photos of their efforts too.
Keep these reviews and photos in a folder on your computer.

Action 3

Print off the favourites and add them to a hard copy file that is placed in a staff eating area so staff can view them when they are on a break.

Action 4

Repeat this with:
Healthy snacks
Lunch
Dinner



HEALTHY FOOD SWAPS

What next?

You will now have a library of free recipes and photos.

Why not save these on a shared file for staff to view and send to friends and family.

If you prefer staff can also print off individual recipes to take home.

Remember

Look for ways of evidencing this campaign -

- Encourage staff to send pictures of their creations
- Keep recipe sharing emails in an evidence file and keep a log of participants
- Email staff weekly throughout the challenge to encourage them to try the recipes
- Why not start a fruit club to support healthy snacking where staff take turns to bring in fruit to share at the beginning of the week.



HEALTHY FOOD SWAPS RESOURCES 1

Websites to visit for inspiration

Healthy breakfasts (for people who hate breakfast) - NHS
(www.nhs.uk)



Healthy Recipes | Change4Life (www.nhs.uk)

There are many other resources on the BHAWA portal in 'Resources' section. Here are a few examples:

You can find many fact sheets and information on a variety of diets at: **<https://www.bda.uk.com/>**

Healthy packed lunches

Packed lunches don't have to be boring. With a little thought and imagination they can be fun, healthy and tasty too.

Just include something from each of the four main food groups – starchy carbohydrates (bread, rice, potatoes, pasta), fruit and vegetables, protein containing foods (meat, fish, eggs and beans), and milk and dairy foods – pop in a drink and away you go!

Start with the basics – bread, cereals and potatoes.

Starchy carbohydrates are a really important part of a healthy diet and should make up about a third of the food we eat. They are packed full of nutrients (including B vitamins, iron and fibre) and you should include a little at each meal to keep your energy levels up during the day:

- Try to keep a selection of breads in the freezer for sandwiches and choose wholegrain varieties when you can. Using a different type of bread each day can make sandwiches more interesting. Try multigrain and seed rolls, bagels, bread rolls, baguettes, pitta breads, wraps, crackers or oat cakes..... the list is endless.
- Raid the fridge for leftovers.
- Alternatively, cook extra pasta, couscous, rice or potatoes and mix it with cut-up vegetables, a few nuts or tuna, then just add your favourite low-calorie dressing.

Add a tasty filling - meat, fish and alternatives

Try to include lean meat, chicken, fish, eggs, nuts, beans or pulses in your lunchbox because they are a great source of protein which is needed for the growth and repair of your body. Try:

- tuna with cucumber, green pepper, sweetcorn or tomato
- choose oily fish such as tinned sardines or mackerel on toast once or twice a week. A great source of omega-3 which may help to keep your heart healthy
- egg mayonnaise and cucumber



- cottage cheese and dried apricots
- cooked chicken or turkey, mustard, tomatoes and lettuce
- peanut butter and banana
- chicken breast, cheese and tomato
- for beans and pulses try lentil soup, houmous with red pepper or a mixed bean salad

Remember if you are using a spread to choose a reduced fat one - or do without it completely if you are using a moist filling.

Feeling fruity?

It's important to eat five (or more) portions of fruit and vegetables every day to prevent heart disease and reduce the risk of some types of cancer. Below are some good ideas to get plenty at lunchtime:

- sliced salad vegetables in sandwiches – such as cucumber, tomato or avocado
- chopped raw vegetable crudité's e.g. carrot sticks, cherry tomatoes, or a mixed salad. These can be great for dipping in houmous, low-fat cream cheese or cottage cheese
- fresh fruit e.g. apple, grapes, banana, kiwi fruit
- dried fruits e.g. raisins, apricots tinned fruit in natural juice – the cheapest option is to decant into a small container, alternatively buy in small tins with a ring pull





Dairy delights

Try to include some dairy products in your lunchbox as calcium is important to keep your teeth healthy and your bones strong:

- low fat yoghurt – plain or fruit
- low fat fromage frais
- small pot of rice pudding
- glass of milk – plain or flavoured

Remember, cheese in a sandwich will also count.

Added extras

Fancy something extra in your lunchbox?

There's nothing wrong with this. Just try and make healthier choices when you can, such as:

- a currant bun, scone or fruit loaf
- reduced fat crisps
- plain popcorn
- a plain biscuit e.g. digestive, rich tea or oatmeal varieties
- sugar-free jelly pots or fruit jelly

And finally, if you haven't already done so – put in a drink

It is important to stay hydrated during the day – current recommendations are for women to drink 1.6 litres and men 2 litres of water (or other fluids) per day (equivalent to 8-10 glasses). When the weather is warm or if you are more active you may need more. Avoid soft and fizzy drinks that are high in added sugars, instead choose from:

- plain water (still or sparkling)
- plain milk (skimmed or semi-skimmed) or plain yoghurt combined with fruit e.g. smoothies, pureed fruit with plain yoghurt
- pure fruit juice in small cartons (150ml) or in a small bottle which will also count towards one of your five-a-day (but it will only ever count as one portion no matter how much you drink)
- low calorie squash or diet drinks - small cans are now available
- and don't forget a flask for hot drinks or soup in the winter

Remember to keep your lunch cool and safe

- use a cool bag an ice-pack or freeze a carton of juice and place in with food to keep cool
- keep in the fridge until morning if you make it the night before
- don't store your lunch next to a radiator or in direct sunlight.

Summary

As you can see there are lots of foods that can be used to make a packed lunch varied and tasty. Just remember to include something from each of the four main food groups, as well as a drink, and you'll not only have a meal to look forward to but a lunchbox packed full of all the right nutrients to fuel your body for the rest of the day.

Further information: Food Fact Sheets on other topics including Healthy Eating and Fruit and Veg - how to get 5-a-day are available at www.bda.uk.com/foodfacts

Food Fact Sheet: Vegetarian, vegan and plant-based diet

A plant-based diet is based on foods that come from plants with few or no ingredients that come from animals. This includes vegetables, wholegrains, legumes, nuts, seeds and fruits.



You may choose a plant-based diet for a variety of reasons. These could include concern about animal welfare, health benefits, environmental concerns or personal preference.

Plant-based diets can support healthy living at every age and life stage. But as with any diet, you should plan your plant-based eating to meet your nutritional needs.

Those who follow plant-based diets are categorised as:

- Lacto-ovo vegetarians: eat dairy foods and eggs but not meat, poultry or seafood
- Ovo-vegetarians: include eggs but avoid all other animal foods, including dairy
- Lacto-vegetarians: eat dairy foods but exclude eggs, meat, poultry and seafood
- Vegans: don't eat any animal products including honey, dairy and eggs
- Pescatarians: eat fish and/or shellfish
- Semi-vegetarians (or flexitarians): may eat some meat, seafood, poultry, eggs and dairy

How can I eat with this in mind?

Diets centred on a wide variety of plant foods offer affordable, tasty and nutritious options. Plant-based diets rich in beans, nuts, seeds, fruit and vegetables, wholegrains (such as oats, barley and quinoa) and minimally processed foods can provide all the nutrients needed for good health.

The exception is vitamin B12. This nutrient is not available from plants. You will need to get this from fortified foods or a supplement.

Plant-based eating is recognised as an intervention to improve health outcomes. They could reduce your risk of type 2 diabetes, hypertension, cardiovascular disease and some cancers and may help you manage your weight.

If you are reducing foods that come from animals, or cutting them out altogether, there are a few nutrients that you need to pay attention to.

Protein

You can easily meet protein needs by eating protein-rich foods.

These include lentils, beans, chickpeas, seeds, nuts and nut butters (e.g. peanut butter), tofu and tempeh. Eggs and dairy are also good sources if you eat these.

Meat substitutes like soya burgers and soya sausages, mycoprotein (sold as Quorn), and seitan (from wheat) are high-quality protein sources and can be useful for those adapting to a plant-based diet. However, these can often be high in salt and fat so you should use them in moderation.

Some meat substitutes contain animal ingredients such as eggs, milk derivatives and honey. If you are trying to follow a vegan diet, you will need to read the labels carefully.

Long-chain omega-3 polyunsaturated fatty acids

These fats are important for your health.

The richest source is oily fish e.g. pilchards, salmon and mackerel. If you don't eat fish, the body can convert the essential fats found in plant-based foods, such as walnuts, flaxseeds (linseeds) chia seeds and hemp seeds, into long-chain omega-3 fatty acids.

Oils such as rapeseed (usually labelled as vegetable oil), hemp, and flaxseed oil provide essential omega-3 fats. They are preferable to corn, sesame and sunflower oils, which are lower in omega-3.

Omega-3 supplements made from algae are also available and are suitable for vegans. Find out more about this in our [omega-3 food fact sheet](#).

Vitamin B12

You only need small amounts of this essential vitamin. If you have too little, you could suffer fatigue, anaemia and nerve damage, you may also increase your risk of cardiovascular disease.

As eggs and dairy foods contain vitamin B12, it's unlikely you will be deficient, unless you are excluding all animal-derived foods.

If you are vegan, the only reliable sources of vitamin B12 are fortified foods and supplements. Suitable B12-fortified foods include some breakfast cereals, yeast extracts, soya yoghurts and plant-based dairy alternatives. Make sure you check the label to be sure as not all are fortified.

Since absorption varies greatly depending on the dose and your needs, it is recommended to supplement with greater than the Recommended Daily Allowance (RDA) of 1.5 micrograms to ensure adequate intake. The Vegan Society recommends you should either:

- eat fortified foods at least twice a day, aiming for 3mcg of vitamin B12 a day OR
- take a supplement of at least 10mcg daily or at least 2000mcg weekly

Vitamin D

Alongside calcium, Vitamin D is important for maintaining bone health. Your body makes this when your skin is exposed to the sun, particularly in the summer months. [Learn more about vitamin D in our food fact sheet](#).

Calcium

Calcium is essential for bone health. An adult requires approximately 700mg per day.

Dairy foods are rich in calcium, but if you are not eating these make sure you get calcium from other sources. These include fortified plant-based dairy alternatives, dried fruit e.g. figs, nuts such as almonds, leafy green vegetables such as kale, red kidney beans, sesame seeds, tempeh and calcium-set tofu. [See our fact sheet on calcium for further information](#).

Iron

This mineral is vital to health, as deficiency causes anaemia.

Plant sources of iron include dried fruits, wholegrains, nuts, green leafy vegetables, seeds, peas, beans and lentils. The form of iron in plant foods is absorbed less efficiently than iron from animal-derived sources such as meat and eggs.

You can increase the iron available to your body from plant-derived foods by eating plenty of fruits and vegetables rich in vitamin C.

These include citrus fruits, strawberries, berries, green leafy vegetables and peppers. Vitamin C helps the iron to be better absorbed. [Find out more about iron in our fact sheet](#).

Zinc

Zinc is important for growth and development in childhood. It is necessary for the immune system.

Like iron, zinc absorption from plant foods is lower than from animal foods. Sources include eggs and milk.

Good plant choices include wheat germ, beans, nuts, seeds, mushrooms and some fortified breakfast cereals.

To increase zinc absorption, eat fermented soya such as tempeh and miso, soak dried beans then rinse before cooking and sprout grains and seeds.

Iodine

You need iodine for healthy thyroid function. This is needed for many bodily processes including metabolism. The major sources of iodine in our diet are dairy products and seafood. If you eat exclusively plant-based diets you may be at risk of deficiency.

You may rely on seaweed e.g. nori, wakame and kelp, or iodine-fortified plant-based dairy alternatives. Guidance is not to consume sea vegetables more than once a week.

An excess of iodine is also unhealthy, so if you are taking a supplement, speak to a dietitian. [Find out more about iodine in our fact sheet.](#)

Sustainable eating

In the UK, it is estimated that well-planned, completely plant-based, or vegan, diets need just one third of the fertile land, fresh water and energy of the typical British 'meat-and-dairy' based diet.

Reducing animal-derived foods and choosing a range of plant foods can be beneficial to the planet, animals and our health. Find out more through the [BDA's One Blue Dot project.](#)

Top tips

- Carefully planned plant-based diets can support healthy living at every age and life stage
- Plant-based diets can help to manage weight and may reduce the risk of type 2 diabetes and other chronic diseases
- You can get all essential nutrients from plant foods but vegans need to ensure a reliable source of vitamin B12
- If excluding dairy, make sure you consume other calcium-rich foods
- Include a wide variety of plant-derived foods to ensure your diet is balanced and sustainable

FIND YOUR BALANCE

GET PORTION WISE!

An easy guide for finding the right balance for you

Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts for you. This guide aims to give you an idea of portion sizes for different foods for adults and how many portions of each food group to aim for each day.

It's so quick and easy to follow!

www.nutrition.org.uk/findyourbalance

These resources were developed by the British Nutrition Foundation (BNF), with guidance from a panel of expert scientists. The BNF is grateful to the following companies that provided financial support: Alpro, Asda, Associated British Foods, Mars, Marks & Spencer, Sainsbury's, Tesco, Tetrapak and Waitrose & Partners.

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Next review due January 2022. For more information about the sources used in this text please contact postbox@nutrition.org.uk

The Information Standard

Certified Member

FINDING YOUR BALANCE ACROSS THE DAY

The image below shows how many portions to aim for from each food group each day for a healthy, balanced diet.



FRUIT AND VEGETABLES
A variety of different types each day

5+



STARCHY CARBOHYDRATES
Potatoes, bread, rice, pasta and others

3-4



PROTEIN FOODS
Beans, pulses, fish, eggs, meat and others

2-3



DAIRY AND ALTERNATIVES
Milk, cheese, yogurt and alternatives

2-3



UNSATURATED OILS AND SPREADS

SMALL AMOUNTS



HANDY PORTION SIZES!

Your hands are perfect for measuring the right portion size for you – this guide gives examples of portion sizes for different food and drinks for adults. You can find portion sizes for more foods on the BNF website.

Group	Food	1 Portion	Weight
●	Fresh fruit	About one handful or more	80g
●	Vegetables	About 3 serving spoons or more	80g
●	Fruit juice	1 small glass	150ml
●	Dried rice or pasta	About 2 handfuls	65-75g
●	Cooked pasta or rice	About the amount that would fit in two hands cupped together	180g
●	Flaked breakfast cereals	About 3 handfuls	40g
●	Dried porridge oats	About 1 and a half handfuls	40g
●	Baked potato	About the size of your fist	220g
●	Plain popcorn	About 3 handfuls	20g
●	Grilled chicken breast	About half the size of your hand	120g
●	Cooked fish fillet (e.g. salmon or cod)	About half the size of your hand	100-140g
●	Cooked steak	About half the size of your hand	130g
●	Cooked beans, chickpeas or lentils	About 6 tablespoons	120g
●	Canned tuna in water	One can (about 160g net weight)	120g
●	Houmous	About 2 tablespoons or about ¼ standard pot	55g
●	Nuts and seeds	The amount you can fit in your palm	20g
●	Low fat yogurt	About 4 tablespoons or one individual pot	120g
●	Cheddar cheese	About the size of two thumbs together	30g
●	Milk or plant-based alternative	One medium glass	200ml
●	Unsaturated oils or spread	One teaspoon	3-5g

These portion sizes have been based on averages and may be different to what you see in stores and on pack. They have been developed based on a 2000kcal per day diet. Individual needs vary and you may need larger or smaller portions. As hand size varies you can use your hands as a measure of a suitable portion size for you. Note that where we have used 'teaspoon' this refers to a 10ml spoon that would be used to eat soup or pudding, rather than a larger serving spoon.



HEALTHY MEETINGS

Aim

The type of sugars most adults and children in the UK eat too much of are "free sugars".

These are:

- Any sugars added to food or drinks. These include sugars in biscuits, chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks. These sugars may be added at home, or by a chef or other food manufacturer.
- Sugars in honey, syrups (such as maple, agave and golden), nectars (such as blossom), and unsweetened fruit juices, vegetable juices and smoothies. The sugars in these foods occur naturally but still count as free sugars.

Sugar found naturally in milk, fruit and vegetables does not count as free sugars.





HEALTHY MEETINGS

Action 1

If cake and biscuits are usually on the menu for team meetings why not suggest some healthy alternatives.

Email the people/person who usually provides the snacks, and suggest that only healthy snacks are available at some or all meetings within your campaign month.

Action 2

Take photos at team meetings of all the healthy food and snacks.

Action 3

After a meeting do a quick survey on outlook email and ask for people to vote as to whether they felt they benefitted from having healthy snacks at the meeting rather than sugary snacks. keep the responses as evidence.

Action 4

Ask staff to send suggestions for healthy snacks at the next meeting.



HEALTHY MEETINGS RESOURCES 1

Websites to visit for inspiration



Other healthy snacks Surprising 100-calorie snacks - NHS (www.nhs.uk)



Healthy Snacks | Change4Life (www.nhs.uk)

Portal

There are many campaign resources on the Better Health at Work Award Website under the resource section.

You can access this with your health advocate login.

<https://www.betterhealthatworkaward.org.uk/>



ONE BLUE DOT

Aim

Not all healthy eating is about losing weight.

Have you ever thought of the environmental impact of what you eat and drink? One Blue dot's challenge is to help you to make your favourite meals more sustainable and help you to get healthier along the way.

Up to 30 per cent of GHG emissions globally are linked to agriculture and food production, and the environmental impact of the food we eat is one of the key changes we can make to tackle the issue of climate change. Our food system is also responsible for habitat loss, soil degradation, water usage and waste, all of which damage our environment.





ONE BLUE DOT

Action 1

Promote the campaign to staff via your usual communications channels.

Ask people to email you to sign up if they are interested in taking part.

Keep a log of all those signed up, this will go in your evidence portfolio.

Campaign information can be downloaded at :

[One-Blue-Dot-Meal-swaps.pdf](#)
([bda.uk.com](#)).

Action 2

Email the campaign log to those who have signed up, (this is in the resource section), and ask them to note and rate any swaps they make.

Action 3

Throughout the campaign email colleagues and ask them to share swaps they have enjoyed. You can share these with others who have signed up to help motivate them.



ONE BLUE DOT

What next?

You can add swaps that are enjoyed to your staff health and wellbeing file.

These could be shared at team meetings and you could even run a 'show and tell' element of your next team meeting to promote swaps to other staff and maybe even let them taste for themselves.

Create a file on your shared drive so that staff can view ideas for sustainable ideas anytime and share them with friends and family.

Remember....

Look for ways of evidencing this campaign -

- Encourage staff to send pictures of their sustainable swaps
- Keep staff logs as evidence
- Share as much as possible with all staff to encourage others to take part next time



ONE BLUE DOT RESOURCES 1



Campaign download

[One-Blue-Dot-Meal-swaps.pdf \(bda.uk.com\)](#)

There are many resources on a variety of diets on the BDA website.

[Food Facts \(bda.uk.com\)](#)





BETTER HEALTH – LET'S DO THIS

Action 1

This campaign run by Public Health England Lauches in July 2021, is aimed at helping adults live a healthier life.

There are many campaign resources and ideas.

Below you will find a poster advertising the weightloss app.

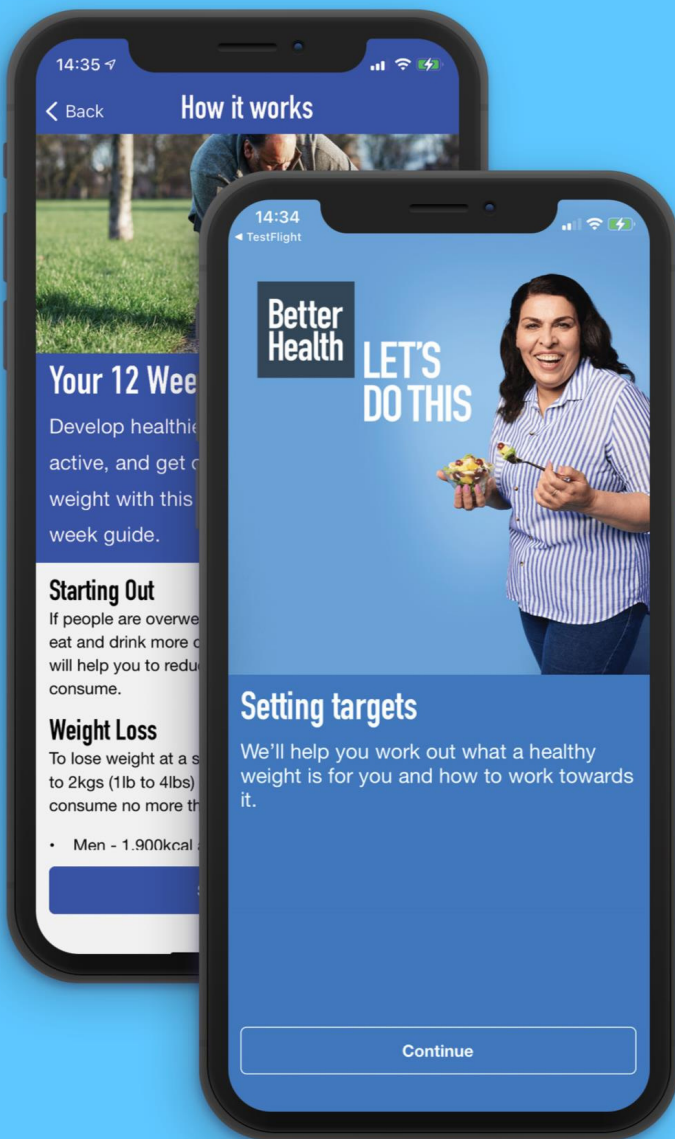
Your workplace will have access to the campaign and it's library of resources or you can contact Jack and Charlotte.

**Better
Health**

**LET'S
DO THIS**

NHS

WANT TO LOSE WEIGHT?



Our easy-to-follow plan can help you start healthier eating habits, be more active and start losing weight. One healthy choice at a time.

Over 12 weeks, the plan can help you:

- Set goals
- Plan meals
- Make healthier food choices
- Record your activities and progress

**Download your FREE NHS
Weight Loss Plan app today**