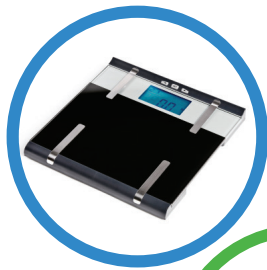


# Choose To Lose...

## and keep weight off for good!



### 1. Ready to Take Control

Helping you change your old habits and get motivated...



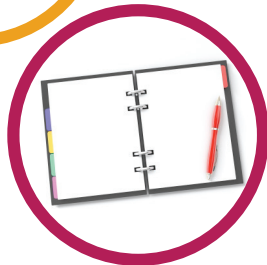
### 2. Eat Well Feel Great

Set achievable goals and get tips on healthy eating...



### 3. Get Active Your Way

Find an activity that suits you and find out what's going on in your area...



### 4. Keep Going

Top tips on how to stay motivated and maintain a healthy weight and lifestyle...

Go to:

**[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)**

- Offers practical advice and information
- Downloadable resources, self monitoring tools and worksheets
- Links to mobile apps and information on local exercise groups and activities

