

Focus On Your



Hosted on our website

Choose To Lose... and keep weight off for good!

Go to: www.nhsforthvalley.com/weight



A fun and whole family approach to eating well and getting fitter!

Our **Focus On Your Family** webpage:

- Offers practical advice and information to help families work together to develop a healthier and more active lifestyle.
- Downloadable resources, easy recipes and a fun family workbook.
- Links to useful websites, mobile apps, quizzes and online nutrition games.