



For healthy recipes, ideas  
on smart swaps and 10  
minute shake up activities  
visit Change4Life  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



1000 Tweaks to Feeling Great -  
small changes for a big difference  
[www.leicester.gov.uk/1000tweaks](http://www.leicester.gov.uk/1000tweaks)



Health for Kids website  
for lots of tips on activity  
and healthy eating  
[www.healthforkids.co.uk](http://www.healthforkids.co.uk)