

**Better  
Health**

**Let's  
do this**

**NHS**



**Want your family to be healthier and happier without spending a fortune? Step this way...**

**Are you worried about your family's sugar intake? Or finding it hard to eat well on a budget? Maybe you're struggling to get the kids to eat their fruit and veg?**

Healthy Steps helps families take small steps to improve their health and wellbeing.

Take our quiz, and sign up to receive tailored weekly emails giving you easy and practical ways for the whole family to eat better and move more.

To make sure the information is right for you, the programme starts with a quiz which helps you decide which topic – reducing sugar, 5 a day, or meal planning – is most relevant.

## **Small steps that add up**

Healthy Steps is perfect for you if you have primary school-age children. So whether it's cutting back sugar, being better at meal planning or hitting your 5 a day, we have an eight-week programme to support you. You'll get simple tips from nutrition experts and other parents, Disney themed games and budget-friendly recipes delivered weekly to your inbox.

## **Take your first step today**

Sign up at [www.healthysteps.uk](http://www.healthysteps.uk)  
Or scan the QR code below

