

Friday, 28 February 2020

[Health and Social Wellbeing Improvement](#)



If you think you could be inching towards bad health then this leaflet is packed with tips and advice to help you keep your weight and waistline healthy.

Now includes food and physical activity diaries to complete, and a pull-out section for a weekly meal planner and shopping list.

Details

Format

A5, 28 pages, booklet

Target group

General public

Downloads

Attachment	Size
is your waistline creeping up 01 20.pdf	857.92 KB

Tags

- [obesity](#)
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