



ready to  
**change**  
your way to better health

- Reach a healthy weight
- Eating healthily
- Drink less alcohol
- Quit smoking
- Move more



Norfolk County Council  
Public Health



# Start your journey to better health today

- Take our health quiz
- Set your goals and create your free personal health improvement plan



[www.readytochange.co.uk](http://www.readytochange.co.uk)