

# Making it easier for everyone in Bradford district, to live healthier more active lives



- Eating well
- Stopping smoking
- Increasing your physical activity
- Maintaining a healthy weight
- Mental wellbeing
- Family health
- Drugs and alcohol advice
- Living with a long term health condition

## Stop Smoking

People using our **FREE Stop Smoking Service** are up to 3 times more likely to quit!



## BEEP Exercise Referral

**FREE** service helping people become more active. Great for people with a long term health condition.



## Swap Well To Eat Well

Make a few easy food swaps every day and make a big difference. Get recipes and inspiration!



## 20 Minute Movement

Being active is one of the best ways to get healthy and stay healthy. We're making it easier to get you moving!



**mylivingwell.co.uk**

✉ [hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)

☎ 01274 438884

