



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING

LEICESTER-SHIRE AND RUTLAND HOW ARE **YOU**?

Leicester-Shire & Rutland One You is here to help achieve a healthier you by providing tools and support to make small, easy changes towards a longer, healthier life.

Making better lifestyle choices can improve our health. It's not easy in our busy lives – tempting treats, enhanced technology and entertainment from the sofa but it's never too late to start!

www.lrsport.org/oneyou

#LLRONEYOU

BECAUSE THERE'S ONLY
ONE YOU

HOW HEALTHY ARE YOU?

TAKE THE HOW ARE YOU QUIZ TO FIND OUT

Leicester-Shire and Rutland One You Campaign aims to support you in making simple changes to make healthier choices. Whether it be physical activity, healthy eating, smoking cessation, alcohol awareness or stress management, every positive change will have a great impact.

Take the free Public Health England 'How Are You Quiz' at the link below to see how you score and start your journey to a healthier life.

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WIN £100, £50 OR £25 IN AMAZON VOUCHERS!

Be in with the chance to win £100, £50 or £25 in Amazon vouchers. All you need to do is let us know your thoughts on the Leicester-Shire and Rutland One You Campaign by completing the short survey at www.lrsport.org/oneyou.

All completed forms will be entered into a prize draw and winners will be picked at random in February.

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