

Being
your
best



Healthy Lifestyles

COVENTRY

Stop
Smoking



Healthy
Weight



Healthy
Diet



More
Active



Ready to stop smoking,
lose some weight, get
more active or cut down
on your drinking - but not
sure where to start?

Alcohol



Getting
Involved



Get **FREE** support
to be your best

start your journey...
Freephone 0800 122 3780

Provider of FREE*

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes
heart disease
kidney disease
stroke & dementia

*Free NHS Health Check if you're aged 40-74, haven't had a NHS Health Check in the last five years or previously been diagnosed with diabetes, high blood pressure or had a stroke.

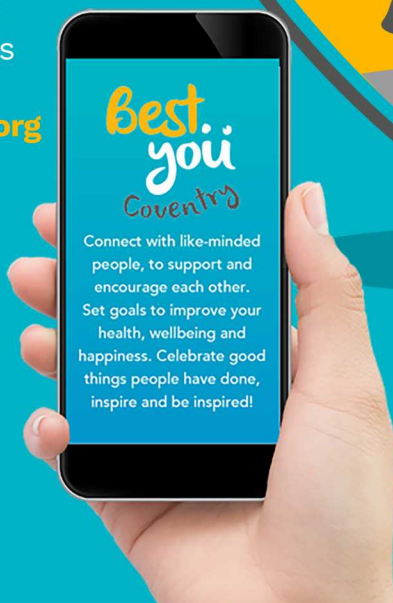
Over 50% of our what makes you healthy is shaped by how you live your life – so it's in your control.

Keep doing the things you love to do, with the people who are important to you.

It's never too late to start

Small changes, one step at a time, can make a big difference to your health

Get **FREE** help from our friendly lifestyle coaches and online support at www.bestyoucoventry.org



NHS HEALTH CHECK

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diabetes
heart disease
kidney disease
stroke & dementia

You might be feeling great but, if you're over 40, you could be at risk of stroke, diabetes, high blood pressure or heart disease.

A **FREE NHS Health Check*** can help you stay healthy and reduce these risks.

Book yours today
Freephone 0800 122 3780

Of what makes us
healthy is down to
what we do
& our lifestyles
so is in our control.

is down to our
Environment

is down to our
Genetics

is down to our
**Access to
Care**

Be your best you

We'll help you set goals to get you where you want to be

Every step of the way, we're here to help

You are an individual ...
So is the way we will work with you

Working across Coventry, our team are here to provide the right help for you. From online tools you can use at home to phone or face to face support, now is the time to be your best you.

Healthy Lifestyles

COVENTRY

start your
free journey...

freephone 0800 122 3780
email info@hlscoventry.org

www.hlscoventry.org

 @HLSCoventry 

Online self-help portal

www.bestyoucoventry.org

Service delivered by

ice

Healthy Lifestyle Services

Being
your
best



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Smoking



Healthy
Weight



Healthy
Diet



More
Active



Alcohol



Getting
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