

healthy weight guide



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Do you want to find out
about achieving and maintaining
a healthy weight?

You can use the Healthy Weight Guide website to:

- find out if you're a healthy weight
- check the facts about healthy weight, physical activity and healthy eating
- find useful tips and tools to help you achieve and maintain a healthy weight.

About the Healthy Weight Guide

The Healthy Weight Guide is a comprehensive source of information on how to achieve and maintain a healthy weight.

For more information, contact:



Are you a healthy weight?

Eat well, choose wisely

Move more, sit less, every day

Set goals and monitor your progress