

# Give it a go or go slow?

Work out your score, then use the traffic lights system below to discover if you need a change of lifestyle.



## **Mostly Green Lights.**

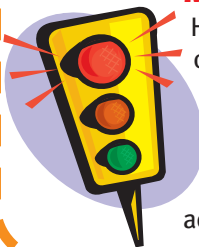
### **You Go!**

You have a healthy lifestyle. If any of your answers are amber or red, check out the top tips to improve and feel even healthier and fitter!!!



## **Mostly Amber Lights. Beware!**

What we eat, drink and how we exercise make a huge difference to our wellbeing and health. Check out the top tips and use the Activity Diary to keep track of your activity levels and move into the Go Zone!



## **Mostly Red Lights. Stop!**

How we live makes a big difference to our health. Small changes can bring big rewards. Check out the top tips to get a healthier lifestyle and start doing more physical activities. Use the Activity Diary to keep track of your activity levels and get into the Go Zone!