

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.

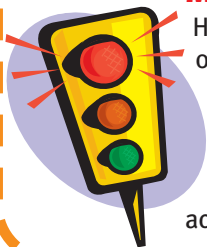
You Go!

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!