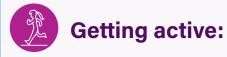


Congratulate yourself for completing the 28 Day Heart Health Challenge! Keep up the good work and continue prioritising your heart health. *Note: Always consult with a healthcare professional before making significant changes to your lifestyle, especially if you have any existing health conditions.* 



**Better Points** – Earn vouchers for healthy activities, download the Better Points app. It can record your activities, so you don't even need to press start and stop.

#### bucks.betterpoints.uk

**Love Exploring** - Why not venture out, stay active and rediscover your local park with the Love Exploring app? Free to all, the games and guided trails include quizzes that get you hunting for clues as you explore with friends and family.

healthandwellbeingbucks.org/s4s/WhereILive/Council?pageId=5824



#### **Blood pressure:**

**Book an NHS Health Check** – for residents aged 40-74. (Exclusions apply see website for more info)

healthandwellbeingbucks.org/s4s/WhereILive/Council?pageId=5849

**Blood pressure loan kits** – Loan out a FREE blood pressure monitor from your local library (certain locations) and share it with your family.

buckinghamshire.gov.uk/campaign/love-your-heart-bucks/#pump-it-up-knowyour-blood-pressure

**Visit a Health Kiosk** – for a free health MOT visit one of our static health kiosks in your local library (certain locations). It's an easy way to track and record your height, weight, blood pressure and other helpful readings.

buckinghamshire.gov.uk/campaign/love-your-heart-bucks/#pump-it-up-knowyour-blood-pressure



# Mental wellbeing:

If you are worried about your mental health and wellbeing, and are finding it difficult to cope, you're not alone. There is lots of help and support available in Buckinghamshire.

healthandwellbeingbucks.org/s4s/WhereILive/Council?pageId=5886



### **Eating better:**

Grow to give - a scheme that allows local allotment holders to donate their surplus produce from their allotments to food banks (most allotments located in Aylesbury, High Wycombe and Chesham)

healthandwellbeingbucks.org/s4s/WhereILive/Council?pageId=5504



# Lifestyle support:

Be Healthy Bucks – your free healthy lifestyle service that offers a range of support to stop smoking, be a healthier weight (for adults and children) or cut down on alcohol.

bhb.maximusuk.co.uk 03332 300177







buckinghamshire.gov.uk/you-matter