



## 40 -74

Are you aged 40-74?  
The NHS Free Health  
Check can help you to stay  
healthy. Contact your  
Doctor to book an  
appointment

## They can help

Making a plan is key to  
achieving your goal.  
Breaking down your goal  
into smaller steps will make  
it feel more manageable  
and less daunting.

## Take Action

Taking action is the most  
important part of getting out  
of your comfort zone. Once  
you start taking steps  
towards your goal, you'll find it  
becomes easier and more  
enjoyable.

## Be Persistent

Don't give up if you don't  
achieve your goal right  
away. Be persistent and  
keep working towards it.