

#BeRealistic

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Slough
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**Slough
Wellbeing
Board**



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Oh yes they are
yummy. But
maybe only once
a week instead of
once a day?

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We all love food to be fast, especially for a quick lunch. But maybe try a healthier alternative?

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It's never easy to say no when your kid wants something. But maybe just keep it for special occasions?

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You don't have to drink this to be healthy. But maybe you could stop adding sugar to your normal cuppa?

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You don't have
to go to the gym
to be healthy,
could you walk for
10 minutes a day?

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We know a leaflet will only help you lose weight if it is the only thing you eat that week.

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