



How healthy are you?

Public Health England are encouraging people to take the [How Are You](#) quiz this January. The free, online quiz analyses your lifestyle to provide a personal health score and get tailored advice on how to improve your health.

 Over 2.5 million people have taken the 'How Are You?' quiz, so why not join them and [take the quiz](#) to get your score?

Depending on your results and personal health goals, the quiz will direct you to one of a number of One You apps, available to download for free from the Apple App Store and Google Play:

- **Active 10** - quickly and simply shows you how many brisk 10-minute walks you're doing and how to fit more into your day, to benefit your health, improve the way you feel and reduce the risk of a number of long-term conditions such as heart disease and type 2 diabetes
- **Drink Free Days** - a simple and easy way to track the days you drink alcohol and the days you don't. Feel healthier, lose weight and save money - simply nominate days to take off drinking and get practical, daily support to help you stick to it
- **Couch to 5K** - designed to get you off the couch and running in just 9 weeks. Grab your trainers, download the app and follow the step-by-step instructions
- **Easy Meals** - a great way to eat foods that are healthier for you, and find delicious, easy meal ideas to help get you going if you're ever short of inspiration
- **Smokefree** - to help you stop smoking by providing daily support and motivation; if you stay smokefree for the 4-week programme you're up to 5 times more likely to quit for good

Search 'How Are You' today to find out more.