

Stay fit for life's little victories

Are you fit enough to be a DIY hero?

An **NHS Health Check** doesn't just look at your health today. We'll help you protect your heart, kidneys, and circulation as you get older.

Let us help you stay healthy, ready for whatever life throws at you.

If you're aged between 40 and 74, look out for your invite, talk to your GP, or contact your local authority about booking an **NHS Health Check.**

NHS HEALTH CHECK

Helping you prevent

diabetes | heart disease | kidney disease | stroke & dementia