

### **Dads, why it's all about you too.....**

Healthcare is changing. The emphasis is shifting from just treating illness, to promoting good health and encouraging individuals to take responsibility for their own health and wellbeing; whether it be quitting smoking, doing more exercise, losing weight, drinking alcohol wisely or eating five portions of fruit and vegetables a day.

The lifestyle choices we make today can improve our physical and mental wellbeing. Adopting a healthy lifestyle can decrease our risk of serious illnesses like type 2 diabetes, heart disease and developing certain types of cancer by as much as 60%.

We all want our children to grow up to be happy, healthy adults, but it can sometimes be hard to know how. It's important that children eat a healthy balanced diet and get lots of exercise to build a healthy body.

Opportunities to support and develop healthy activities and lifestyle changes are rapidly emerging and being delivered by a wide range of public, third sector (community and voluntary organisations), and private organisations. This is in addition to work being undertaken by communities themselves, groups such as Dads Unlimited and individuals alike.

Making small changes now can improve health right away for both adults and children. This will also double our chances of staying healthy as we get older. It's never too late.

**So Dad's, lead by example! Start your behaviour change journey to a healthier life together with your children today.....**

BECAUSE THERE'S ONLY **ONE YOU**

Come and visit our Health Improvement Practitioners with your children at the **ONEYOU** Shop in Park Mall Shopping Centre, Ashford, Kent for free advice and support on:

**29 July 2017 between 11am to 12:30pm**

ONEYOU and Dads Unlimited working together to support health and wellbeing.

[www.oneyoukent.org.uk](http://www.oneyoukent.org.uk)

[www.dadsunltd.org.uk](http://www.dadsunltd.org.uk)